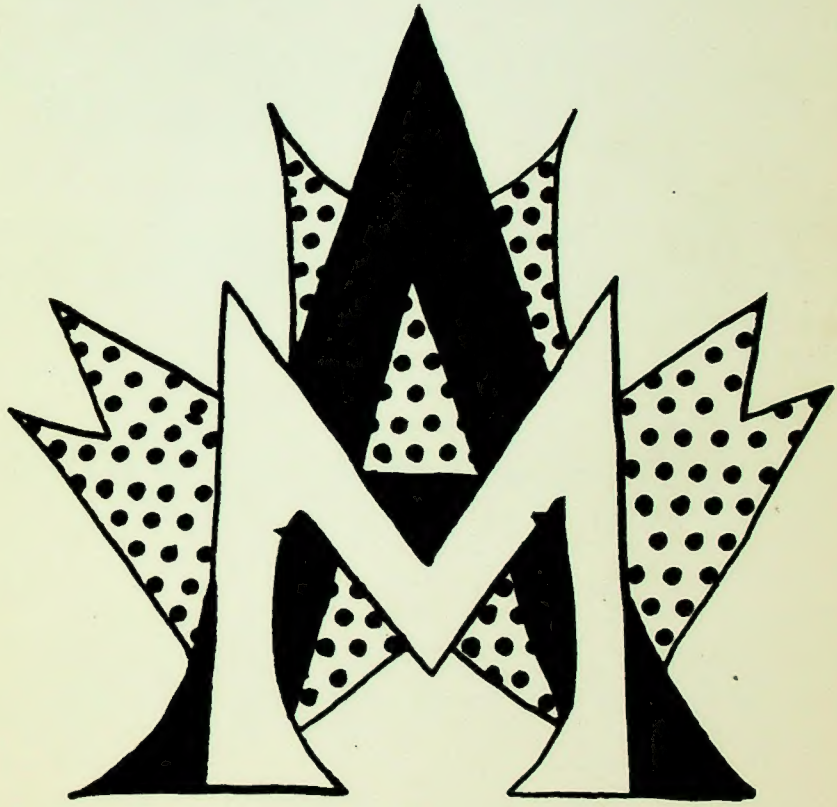
COOKING

THE MOUNT ALBION WAY



Mount Albion School

Stoney Creek, Ontario

To: Nana

Love: [redacted]

Christmas 1988

This cook book book is dedicated to Mount Albion Public School and all the people who have worked so hard to make it a great school.

The Parents' Association would like to thank everyone who has helped in the preparation and selling of this cook book.

A special thank you goes to Kelly Chivers for designing the book cover.

1987-88 Executive:

President	-	Sandra Stokes
Vice-President	-	Darlene Aulenback
Secretary	-	Kathy Post
Treasurer	-	Janice Graham
Parent Representative	-	Kelly Chivers
Staff Representative	-	Gail Fernlund
Volunteer Co-Ordinator	-	Deanna Hannabuss

Thank you.

Kelly Chivers and Deanna Hannabuss, Cook Book Chairpersons
MOUNT ALBION PUBLIC SCHOOL
Stoney Creek, Ontario

September, 1988

This cookbook was typed, printed and bound by –

L. Rasmussen Co. Ltd.

"The Cookbook Printer"

Mailing Address: 18 Brunlea Key, Winnipeg, Manitoba, Canada R2G 2H4

Telephone: (Area Code: 204) 632-1483

Our printing plant is located at 1640 Church Avenue, Winnipeg

Copyright © 1988 by L. Rasmussen Co., Ltd., Winnipeg, Manitoba, Canada
All rights reserved. Printed in Canada.
This book, or any part thereof, may not be reproduced in any form
without written permission by the publisher.

Contents

APPETIZERS & BEVERAGES 1

SALADS & DRESSINGS, SOUPS & SAUCES 11

VEGETABLES 21

MAIN DISHES 25

BREADS 51

DESSERTS 61

CANNING 97

EXTRA SPECIAL

- Microwave 101
- Staff 107
- Miscellaneous 126
- Hints 128

INDEX 133

1669

My Favourite Recipes

Name of Recipe	Page Number

CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism
He learns to condemn.

If a child lives with hostility
He learns to fight.

If a child lives with ridicule
He learns to be shy.

If a child lives with shame
He learns to feel guilty.

If a child lives with tolerance
He learns to be patient.

If a child lives with encouragement
He learns confidence.

If a child lives with praise
He learns to appreciate.

If a child lives with fairness
He learns justice.

If a child lives with security
He learns to have faith.

If a child lives with approval
He learns to like himself.

If a child lives with acceptance and friendship
He learns to have love with the World.

TEN COMMANDMENTS OF HUMAN RELATIONS

1. SPEAK TO PEOPLE — there is nothing so nice as a cheerful word of greeting.

2. SMILE AT PEOPLE — it takes 72 muscles to frown, only 14 to smile.

3. CALL PEOPLE — the sweetest music to anyone's ears is the sound of his own name.

4. BE FRIENDLY and helpful, if you would have friends, be a friend.

5. BE CORDIAL — speak and act as if everything you do is a genuine pleasure.

6. BE GENUINELY interested in people — you can like almost everybody if you try.

7. BE GENEROUS with praise — cautious with criticism.

8. BE CONSIDERATE with the feelings of others — there are usually three sides to a controversy: yours, the other fellow's, and the right side.

9. BE ALERT to give service — what counts most in life is what we do for others.

10. ADD TO THIS a good sense of humour, a big dose of patience and a dash of humility, and you will be rewarded many-fold.

FOOD EQUIVALENTS

Bread and Crackers
Bread, one slice = ½ to ¾ cup soft crumbs
one slice = ¼ to ⅓ cup dry crumbs
Soda crackers, 1 lb. = 2 cups crushed
24 to 28 squares = 1 cup crushed
Graham crackers, 1 lb. = 6 cups crushed
14 squares = 1 cup crushed
Vanilla wafers, 22 to 24 = 1 cup crushed

Cereals, Pasta and Starches
Macaroni, spaghetti or noodles, 1 lb. raw = 6 to 8 cups cooked
Rice, 1 cup raw = 3 to 4 cups cooked
Rolled oats, 1 cup raw = 1¾ cups cooked

Dairy Products
Butter, 1 lb. = 2 cups
1 stick = ½ cup
Cheese, Cheddar or Swiss, 1 lb. = 4 cups shredded
Parmesan or Romano, 1 lb. = 5⅓ cups grated
Cottage cheese, 1 lb. = 2 cups
Whipping cream, 1 cup = 2 cups whipped

Eggs
8 to 10 egg whites = 1 cup
12 to 13 egg yolks = 1 cup
5 to 6 whole eggs = 1 cup
Hard cooked, chopped, 1 dozen = 3½ cups

Fats
Butter or margarine, 1 lb. = 2 cups
Shortening, 1 lb. = 2⅓ cups

Fish
Salmon or tuna, 7 oz. can = 1 cup

Flours
Flour, all-purpose, 1 lb. = 4 cups
cake and pastry, 1 lb. = 4½ cups
whole wheat, 1 lb. = 3¾ cups

Fruit, Dried
Dates, 1 lb. = 2 to 2½ cups chopped and pitted
Raisins, 1 lb. = 2½ to 3 cups
Fruits, glace, 8 oz. = ¾ to 1 cup

Fruit, Fresh
Apple, 1 medium = 1 cup sliced or chopped
Bananas, 1 lb. (3 medium) = 1¼ cups mashed
Lemon, 1 medium = 2 to 3 tbsp. juice
= 1 to 2 tsp. rind
Orange, 1 medium = ⅓ to ½ cup juice
= 1 to 2 tbsp. rind

Meat and Poultry
1 lb. ground (raw) = 2 cups
1 lb. ground (cooked) = 3 cups
1 lb. cooked, diced = 3 cups

Miscellaneous
Cocoa, 1 lb. = 4 cups
Coconut, shredded, 4 oz. = 2 to 2⅓ cups
flaked, 4 oz. = 2 cups
Sugar, granulated, 1 lb. = 2¼ cups
brown, 1 lb. = 2¼ cups packed
icing, 1 lb. = 4 to 4½ cups
Yeast, 1 pkg. = 1 tbsp.

Nuts
Unshelled nuts, 1 lb. = 8 oz. nuts, shelled
Almonds, 1 lb. = ¾ to 1 cup chopped
Pecans, 1 lb. = 3¾ cups chopped
Walnuts, 1 lb. = 3¾ cups chopped

Vegetables
Carrots, 1 lb. (4-5 medium) = 4 cups shredded or diced
Celery, 1 lb. (1 large bunch) = 4 cups diced
Onion, 1 medium = ½ cup chopped
Tomatoes, 1 lb. = 3 to 4 medium

METRIC IN THE KITCHEN

CONVERTING TO METRIC

To change	To	Multiply by
teaspoons (tsp.)	millilitres (mL)	5
tablespoons (tbsp.)	millilitres (mL)	15
fluid ounces (fl. oz.)	millilitres (mL)	28
cups (c.)	litres (L)	0.24
pints (pt.)	litres (L)	0.47
quarts (qt.)	litres (L)	0.95
gallons (gal.)	litres (L)	3.8
dry ounces (oz.)	grams (g)	28
pounds	kilograms (kg)	0.45
inches (in.)	centimetres (cm)	2.54

APPROXIMATE METRIC CONVERSIONS

Spoons & Cups	Equivalent	Approximate Conversion
⅛ tsp.		0.5 mL
¼ tsp.		1 mL
½ tsp.		2 mL
1 tsp.		5 mL
1 tbsp.	3 tsp.	15 mL
1 coffee measure		25 mL
2 tbsp.	1 fl. oz.	30 mL
¼ c.	4 tbsp. = 2 fl. oz.	50 mL
⅓ c.	5 tbsp. plus 1 tsp.	80 mL
½ c.	8 tbsp. = 4 fl. oz.	125 mL
⅔ c.	10 tbsp. plus 2 tsp.	160 mL
¾ c.	12 tbsp. = 6 fl. oz.	180 mL
1 c.	16 tbsp. = 8 fl. oz. = ½ pt.	250 mL
1 pt.	2 c. = 16 fl. oz.	500 mL
1 qt.	4 c. = 32 fl. oz.	1000 mL = (1 L)

DRY WEIGHT

Weight	Equivalent	Approximate Conversion
1 oz.		30 g
3 oz.		85 g
4 oz.	¼ lb.	115 g
5 oz.		140 g
⅓ lb.		150 g
½ lb.	8 oz.	225 g
¾ lb.	12 oz.	350 g
1 lb.	16 oz.	450 g
2 lb.	32 oz.	900 g
2.2 lb.		1000 g = 1 kg

OVEN TEMPERATURES

Fahrenheit	Oven	Celcius
200°	warming oven	100°
250°	very slow	120°
275°		140°
300°	slow	150°
325°		160°
350°	moderate	180°
375°		190°
400°	hot	200°
425°		220°
450°	very hot	230°
475°		240°
500°	extremely hot	260°
525°		270°

Appetizers & Beverages

COOKING TERMS

Bake — To cook by dry heat, either covered or uncovered, in an oven or oven-type appliance.

Baste — To moisten meat or other foods with pan drippings, fruit juice or a sauce. Prevents drying of food surface and adds flavor.

Beat — To make a mixture smooth by introducing air with a brisk over and over motion using a spoon, or a rotary motion using an egg beater or electric mixer.

Blanch — To preheat in boiling water or steam. Helps loosen skins of fruits, vegetables or nuts; also used to prepare food for canning, freezing or drying.

Blend — To combine two or more ingredients thoroughly.

Boil — To heat a liquid until bubbles continuously break on the surface.

Braise — To cook slowly in a small amount of liquid in a covered pan.

Bread — To coat with flour, then dip into slightly diluted beaten egg or milk, and finally coat with bread, cereal or cracker crumbs.

Broil — To cook by direct heat, under a broiler or over hot coals.

Caramelize — To melt sugar, or foods containing sugar, slowly over low heat without burning, until it melts and becomes brown in color.

Chop — To cut food into small pieces with a knife.

Clarify — To make a liquid (stock, broth, butter) clear by skimming away or filtering out fat or other impurities.

Coat — To cover food evenly with flour, crumbs or batter.

Coddle — To cook food slowly in water just below the boiling point.

Compote — Fruit stewed or cooked in syrup, usually served as a dessert.

Cool — To let food stand at room temperature until it is no longer warm to the touch.

Cream — To make a fat, such as butter, soft and smooth by beating with a spoon or mixer. Also, to combine a fat with sugar until mixture is light and fluffy.

Cube — To cut a solid food into cubes of about ½ inch or more.

Cut in — To mix evenly a solid fat into dry ingredients (e.g. shortening and flour) by chopping with two knives or a pastry blender.

Dice — To make small cubes of ⅛ to ¼ inch.

Dredge — To cover or coat food with flour or a similar fine, dry substance.

Dust — To sprinkle lightly with flour or sugar.

Fillet — A piece of meat, poultry or fish without bones.

Flake — To break food into small pieces, usually with a fork.

Flute — To make decorative indentations around edge of pastries, fruits or vegetables.

Fold — To combine two ingredients. Using a spoon or rubber spatula, go down through the mixture on the far side of the bowl, bring the spoon across the bottom of the bowl and up the near side, turn the mixture over on the top. Turn bowl slightly and repeat till mixture is blended.

Fry — To cook in hot fat; pan-fry or sauté in a small amount of fat, deep-fat fry in deep layer of fat that covers the food.

Glaze — To coat with a smooth mixture to give food a glossy appearance.

Grate — To rub food against a grater to form small particles.

Grill — To cook on a rack over hot coals or other direct heat.

Grind — To reduce to particles in a grinder, blender or food processor.

Julienne — To cut meat, vegetables or fruit into long matchlike strips.

Knead — To manipulate with a pressing motion accompanied by folding and stretching. For yeast bread: fold dough toward you, push dough away using the heel of your hand. Rotate ¼ turn and repeat. For tea biscuits: kneading process is much less vigorous and requires less time.

Marinate — To let food stand in a seasoned sauce called a **marinade** to tenderize and increase flavor.

Mince — To cut or chop into very small pieces, but smaller than diced.

Mix — To combine ingredients until evenly distributed.

Panbroil — To cook uncovered on a hot surface removing fat as it accumulates.

Parboil — To cook food in a boiling liquid until partially done. Cooking is usually completed by another method.

Pare — To remove outer covering of fruit or vegetable with a knife.

Peel — To strip off or pull away outer covering of fruit or vegetable.

Poach — To cook slowly in simmering liquid such as water or milk.

Purée — To put food through a sieve, blender or processor to produce the thick pulp or paste with juice.

Reduce — To rapidly boil down the volume of a liquid to concentrate flavor.

Roast — To cook meat in an uncovered pan by dry heat in an oven.

Sauté — To brown or cook in a small amount of fat (see **fry**).

Scald — To heat milk to just below the boiling point, when tiny bubbles appear around the edge of the pan; to dip certain foods briefly into boiling water (see **blanch**).

Score — To make shallow slits into the surface of a food in a diamond or rectangular pattern.

Sear — To brown and seal surface of meat quickly with intense heat.

Shred — To cut into long, thin strips with a knife or shredder.

Simmer — To cook in liquid just below boiling point; bubbles form slowly and burst before reaching surface.

Sliver — To cut into long thin pieces with a knife; e.g. almonds, or pimiento.

Steam — To cook in a covered container above boiling water.

Steep — To let stand for a few minutes in water that has just been boiled to enhance flavor and color.

Stew — To simmer slowly in liquid deep enough to cover.

Stir — To mix ingredients in a circular motion until blended with uniform consistency.

Stir fry — To cook in a frypan or wok over high heat in a small amount of fat, tossing or stirring constantly.

Toast — To brown with dry heat in an oven or toaster.

Whip — To beat rapidly with a wire whisk, beater or mixer to incorporate air to lighten and increase volume.

APPETIZERS & BEVERAGES

RAW VEGETABLE DIP

Susan Legere

1 cup mayonnaise
1/2 tsp. lemon juice
1/4 tsp. salt
1/4 tsp. paprika
1 tsp. minced dry herbs
1/4 cup parsley
1 tsp. grated onion
1/2 tsp. Worcestershire sauce
1/4 tsp. garlic powder
2 tsp. celery seed
1/2 cup thick sour cream
1 Tbsp. chopped chives on top

Mix all together. Chill until serving time.

VEGETABLE DIP

Marilyn Maude

500 mL sour cream
500 mL mayonnaise (NOT salad dressing)
1 pkg. Salad & Dips dressing mix (or any dry seasoning mix), Italian is best

Combine the above three ingredients and chill. Best if chilled a few hours or overnight. Serve with a variety of fresh vegetables. (NOTE: A smaller amount can be made by halving the recipe.)

DILL VEGETABLE DIP

Shirley Boven

3/4 cup sour cream
3/4 cup Miracle Whip
1 Tbsp. dill weed
1 Tbsp. parsley
1 tsp. onion flakes
1/2 tsp. garlic powder

Combine well. Cover and chill at least overnight before serving.

CHIP DIP

Diane McKune

1 large pkg. cream cheese, at room temperature
3 Tbsp. catsup
3 Tbsp. French dressing
1 tsp. Worcestershire sauce
Grated onion or onion salt
Garlic powder

Blend above together and refrigerate.

PARSLEY DIP

Beverley Dunnett

1 cup real mayonnaise
1/2 cup chopped parsley
2 Tbsp. minced onion
1 Tbsp. dry mustard
1 clove garlic, minced
1/2 tsp. salt
1 cup yogurt or sour cream

In small bowl, stir together first six ingredients. Fold in yogurt or sour cream. Cover; chill at least 4 hours to blend flavours. Makes 2 1/2 cups. Serve with fresh vegetables.

SPINACH DIP

Liz Chlan

10 oz. frozen chopped spinach, thawed, drained and blotted dry
1 cup sour cream
1 cup mayonnaise
1/2 cup chopped green onions
1 tsp. parsley flakes
1 tsp. lemon juice
1/2 tsp. seasoned salt
1 round crusty bread loaf

Put spinach, sour cream and mayonnaise into bowl; stir. Add onion, parsley, lemon juice and seasoned salt. Mix together. Chill. Heat before serving.

Cut top from round or oblong loaf. Remove bread from the inside, leaving shell about 1-inch thick. (Reserve removed bread for dipping.) Fill with dip. You may need to double the recipe if loaf is large. Wrap with foil. Heat in 300°F oven for 2 hours. Remove from oven and turn back foil. Use removed bread, cut into pieces, for dipping. After dip is finished, break off pieces of shell and enjoy best part of all.

CHEESE-ONION VEGETABLE DIP

Judy Palmer

8 oz. Cheez Whiz
8 oz. sour cream
8 oz. Miracle Whip
2 Tbsp. dry onion soup mix
1/2 tsp. Worcestershire sauce

Stir Cheez Whiz with a fork until smooth. Add remaining ingredients. Stir until well blended. Best if made and kept refrigerated at least 4 hours before using.

VEGETABLE DIP

Anne Heddle

1 cup sour cream
1 Tbsp. dill
1 cup mayonnaise
1 tsp. chopped parsley
2 minced green onions
1/4 tsp. garlic powder

Mix together and refrigerate. Serve with a wide variety of fresh vegetables.

SPINACH DIP

Judy Lipnicky

1 cup Hellmann's mayonnaise
1 cup sour cream
1 purple onion
1 can water chestnuts
1 pkg. frozen spinach
1 pkg. Knorr's vegetable soup mix
Round loaf of bread

Thaw and drain spinach well. You can buy frozen chopped spinach or chop the spinach yourself. Finely chop purple onion and water chestnuts. Mix all ingredients except sour cream together in a bowl. Add sour cream to desired consistency. You may not want to use the full amount if a thicker dip is wanted. Cut out middle section of bread, forming a bowl. Place dip in the depression. Serve with the cut out section of bread broken into small chunks and placed around the loaf with crackers or other dry breads.

CRAB DIP

Kathie Reaper

1 (8 oz.) Philadelphia cream cheese
1 Tbsp. mayonnaise
1 Tbsp. sour cream
1 clove garlic
1 tsp. lemon juice
1/2 tsp. dry mustard
1 tin crab
Parmesan cheese
Paprika

Soften cream cheese. Add remaining ingredients and mix together. Place in ovenware dish and top with Parmesan cheese and paprika. Cover and heat. Take cover off for a couple of minutes to brown if desired (350°F for 15 minutes).

Love warms the heart like sunshine warms the day.

TACO DIP

Wendy Shields

1 large pkg. cream cheese
1 pkg. taco seasoning
1 (250 mL) sour cream
5 green onions, chopped
1 cup cheddar cheese, shredded
1/4 cup olives, chopped
Taco chips

Mix together cream cheese and sour cream. Add taco seasoning mix and put in 8x8 inch pan. Sprinkle onions on top, then the olives. Top with cheddar cheese. Do not mix. Serve with taco chips.

BEST VEGGIE DIP

Mrs. Kosh

1 small jar Hellmann's real mayonnaise
1/2 cup sour cream
1 small onion
1/2 cup horseradish
1 Tbsp. lemon juice

Empty jar of mayonnaise into large bowl. Add sour cream, add about 1/2 cup horseradish (or as much to taste as you like). Dice onions very small and add. Add lemon juice. Refrigerate overnight and serve with cut up vegetables. Very easy and very tasty.

GOOGALIE GOOK

Bonnie Perkins

1/2 pkg. vegetable soup mix
1 cup sour cream
1 cup mayonnaise
1 (283 g) pkg. frozen chopped spinach
1/4 medium grated onion
1 loaf pumpernickel bread or rye bread

Mix vegetable soup, sour cream, mayonnaise and grated onion in bowl. Chop spinach up in smaller pieces and add to mixture. Stir and let sit in refrigerator for about 1 hour. Cut bread in small 1-inch square cubes. Place wet mixture in center of a large platter with bread on the outside.

PINE CONE CHEESE BALL

Elsie Anderson

1 (8 oz.) pkg. cream cheese
1/2 cup mayonnaise
6 strips crisp bacon, crumbled
1 small onion, chopped fine
1 tsp. dill weed

Combine all ingredients; chill, covered, overnight. Roast 1/2 pound almonds in 1 tablespoon butter 10 to 15 minutes at 350°F. Let cool.

To Assemble: Shape cheese spread on plate in egg shape and wedge roasted almonds over the whole spread to achieve the appearance of a pine cone. Place parsley at top to decorate. Almonds are used to scoop up spread. Place crackers on side of plate.

SALMON SPREAD

Bonnie Perkins

1/2 small tin salmon
1/4 tsp. lemon juice
1/2 pkg. cream cheese

Cream salmon, lemon juice and cream cheese together until smooth. (When adding salmon, do NOT squeeze juice out of fish.) Put in well oiled mold and let sit at least 3 hours in fridge. A fine spread for any cracker.

HAM SPREAD

Shirley Lewis

1 tin flaked ham
1 (8 oz.) pkg. cream cheese
1/4 cup mayonnaise
2 Tbsp. flaked parsley
1 tsp. Worcestershire sauce
Dash salt, pepper, onion salt

Cream cheese, add flaked ham, mayonnaise, parsley sauce and spices. Refrigerate. Keeps for a week. Easy to spread on crackers.

ONION CHEESE BALL

Debbie Pooler

1 pkg. dry onion soup mix
2 cups sour cream
(500 g container)
1 small pkg. cream cheese
1 cup chopped walnuts
1/2 cup cracker crumbs
2 cups grated cheddar cheese

Mix all ingredients except 1/2 cup walnuts. Chill in foil lined bowl. When ready, invert cheese ball and cover with remaining walnuts. Decorate with parsley.

CHICKEN CHEESE RING

Shirley Boven

1 (250 g) pkg. cream cheese, softened
3 cups grated cheddar cheese
1/4 cup sour cream
1/4 cup finely chopped green onion
1 can Flakes of Chicken
Dash of Worcestershire sauce
Dash of Tabasco sauce

Blend all ingredients together. Form into a ring about 2 inches wide on a serving plate. Cover and chill until serving time. Garnish with snipped parsley, paprika or chopped nuts. Accompany with crackers.

ARTICHOKE CHEESE SPREAD

Gwen Ackland

1 can artichoke hearts in water
1/2 cup mayonnaise
1/2 cup Parmesan cheese

Drain artichokes well. Push in plastic colander; let air-dry for 20 minutes. Cut artichokes into small pieces; mix with mayonnaise and cheese. Put mixture in small baking dish that can be used for serving from later. Mound the mixture. Bake at 350°F 30 minutes.

CHEESE BALL

Karen Miranda

2 (8 oz.) pkg. cream cheese
1 cup crushed pineapple, drained
2 cups chopped walnuts
1/4 cup green pepper, finely chopped
2 tsp. green onion, finely chopped
1 tsp. salt
3 Tbsp. maraschino cherries

Combine cream cheese, pineapple, pepper, onion, salt, cherries and 1 cup of the walnuts. Mix well and split into two halves. Then roll in remaining walnuts. Refrigerate overnight. Serve with crackers.

SAUSAGE CHEESE BALLS HORS D'OEUVRES

Myrtle Hannabuss

1 lb. pork sausage
2 cups grated cheddar cheese
2 cups Bisquick

Mix all the above; shape into 1-inch balls. Bake at 325°F for 20 minutes. Ideal for freezing. Reheat for 5 minutes at 300°F. Makes at least 40.

PARTY PIZZA

Margaret Lewis

1 lb. Velveeta cheese
1 lb. hot Italian sausage meat
1 tsp. Worcestershire sauce
2 Tbsp. ketchup
1/2 tsp. garlic salt
Few shakes of oregano
1 pkg. party rye bread

Brown sausage meat, drain on paper towel. Pour fat from pan, then melt cheese. Add sausage and other ingredients. Spread on rye bread. Put on cookie sheet and freeze. Store in plastic bag. To serve, bake at 400°F about 10 minutes.

MAD MADELINE'S CHEESE PUFFS

Sue Adler

2 loaves thinly sliced day old bread
1 lb. Velveeta cheese
3/4 lb. butter

Whip butter and cheese until fluffy. Take 3 slices of bread, spread mix over each, then stack. Remove crusts. Cut into quarters, then "ice" each quarter on all sides and the top. Place on cookie sheet, cover loosely with foil and freeze. When ready to use, preheat oven to 350°F. Remove foil. Bake 10 to 15 minutes, until cheese melts. Watch they don't burn. They must be frozen before heating.

STUFFED MUSHROOMS

Marie Brown

36 large mushrooms
Cooking oil
1/4 cup finely chopped onions
2 Tbsp. finely chopped green pepper
1/4 cup butter or margarine
1/2 cup dry bread crumbs
2 tsp. parsley flakes
1/2 cup shredded old cheese
1/4 tsp. salt
1/4 tsp. basil
Pinch of cayenne pepper
2 Tbsp. milk

Wash and dry mushrooms, separate caps from stems. Rub each cap with a drop of oil. Chop mushrooms stems finely; saute with onion and green pepper in butter. Remove from heat and add bread crumbs, parsley, cheese, salt, basil, cayenne and milk. Mound mixture into caps. Sprinkle with additional shredded cheese, if desired. Bake in preheated 375°F oven for 15 to 20 minutes. Serve hot. Prepare ahead and bake before serving.

BACON WRAPPED MUSHROOMS

Lindsey Patterson

1 lb. bacon
1 lb. medium size mushrooms
Toothpicks

Cut bacon in half. Wrap around mushroom and spear with toothpick. Make sure bacon is secure. Bake in 350°F oven for 35 to 45 minutes, turning regularly.

SAUSAGE ROLLS

Karen Vautour

16 oz. pkg. pork sausage meat
1/3 cup fresh bread crumbs
1/4 cup fine chopped onion
1/4 cup chopped fresh parsley
2 (10 oz.) pkg. pie crust mix

Preheat oven to 350°F. In bowl, combine first four ingredients until well blended. Prepare 2 packages pie crust mix. Work with one pack at a time. Roll out to 12x4 1/2 inch rectangle. Divide sausage mix into four portions. Form one portion into 10 1/2x1 inch log. Place on rectangle. Fold long sides up and over sausage filling. Brush one edge of pastry with egg mixture (1 egg slightly beaten with 1 tablespoon milk). Brush inside of open ends, pinch to seal. Place roll seam side down to bake. With sharp knife, make diagonal slashes 1-inch apart along roll. Bake 35 to 40 minutes. Makes approximately 40 (1-inch) pieces.

PARMESAN ROUNDS

Shirley Lewis

1 loaf bread
1/3 cup butter, softened
8 oz. cream cheese
1/4 cup mayonnaise
2 green onions, finely chopped
1/2 tsp. dry dill weed, optional
1/2 cup Parmesan cheese, grated

Cut crusts off bread. Butter bread and cut in fours. Place on cookie sheet and broil to toast on each side. Combine rest of butter, cream cheese, mayonnaise, dill and onion until blended. Spread on top of each piece of bread and sprinkle with Parmesan cheese. To serve, broil 3 to 5 minutes or until golden brown. Serve hot. Makes about 80. These may be frozen until ready to use. Delicious when company drops in unexpectedly!

COCKTAIL CHICKEN WINGS

Sandra Stokes

2 lb. chicken wings
2 Tbsp. cider vinegar
2 Tbsp. oil
2 Tbsp. soy sauce
1 large garlic clove, crushed
3 Tbsp. marmalade
2 Tbsp. honey
1 Tbsp. brown sugar
1 Tbsp. lemon juice
Salt and pepper

Cut tips off wings and save for stock. Cut rest of wing in two pieces at joint. Wash and dry. Mix rest of ingredients and marinate wings one hour. Bake at 350°F oven for 1 hour, turning every 15 minutes. Serve hot.

GRADUATION PUNCH

Mt. Albion Parents' Association

Foamy green

2 (335 mL) Five Alive
1 (2 L) 7-Up
1/2 L lime sherbet

Mix all ingredients together in large punch bowl.

GRADUATION PUNCH

Mt. Albion Parents' Association

Peach

1 (454 g) peach flavour crystals
4.55 L water
1 (2 L) 7-Up
1 (796 mL) peach halves

Put peach halves and syrup in ring mold and freeze. Mix crystals with water (two parts peach drink to one part 7-Up). Put into punch bowl. Add 7-Up and float peach mold.

GRADUATION PUNCH

Mt. Albion Parents' Association

Red

1 (1 L) cranapple
1 (1 L) apple juice
2 (750 mL) ginger ale

Mix and serve.

GRADUATION PUNCH
Orange

Mt. Albion Parents' Association

1 (1 L) pineapple juice
1 (1 L) orange juice
1 (750 mL) club soda
1/2 jar maraschino cherries

Mix together in punch bowl.

GRADUATION PUNCH
Foamy white

Mt. Albion Parents' Association

1 (355 mL) frozen lemonade
1 (2 L) Minute Maid pop
1/2 L vanilla ice cream

Combine all ingredients and serve.

Salads & Dressings
Soups & Sauces

FOOD QUANTITIES TO SERVE 50 PEOPLE

	Serving Portion	Amount for 50 People*
Beverages		
Cocoa, mixed	¾ cup	40 cups
unsweetened powder		½ lb.
Coffee	¾ cup	1½ lb.
Punch	½ cup	25 cups
Tea	¾ cup	½ lb.
Bread and Crackers		
Bread	1 slice	4 loaves
Rolls	1 roll	5 doz.
Crackers (soda)	2 crackers	1½-2 lb.
Cereals		
Rice	½ cup	3-4 lb.
Macaroni, noodles, spaghetti	½ cup	4½-5 lb.
Dairy Products		
Butter, for table	1 tbsp.	1-1½ lb.
for vegetables	½ tsp.	¾ lb.
Cheddar cheese	1-1½ oz.	3-5 lb.
Cream, coffee		7 cups
whipping	2 tbsp.	3 cups
Ice cream	½ cup	25 cups
Milk	1 cup	50 cups
Desserts		
Cakes, angel food		3-4 cakes
pound or loaf		4 loaves
8x8-inch square		3-4 cakes
Cookies or slices	3 pieces	150 pieces
Pies	⅛ pie	6 pies
Fish		
Fillets	3 oz.	14-16 lb.
Whole	3 oz.	40 lb.
Fruits		
Apples	1	15 lb.
Bananas	1	16 lb.
Peaches	1	12-15 lb.
Raspberries or strawberries	½ cup	14 lb.
Juice, fruit or vegetable	½ cup	25 cups

	Serving Portion	Amount for 50 People*
Meat		
Beef, ground	3 oz.	13-15 lb.
boneless round, rump	3 oz.	16-18 lb.
Lamb, boneless leg	3 oz.	15 lb.
Pork, boneless loin	3 oz.	18-20 lb.
boneless ham	3 oz.	15 lb.
Salami	3 oz.	10 lb.
Sliced luncheon meat	1 oz.	3½ lb.
Weiners	2 weiners	10 lb.
Poultry		
Chicken, fryers	¼ fryer	13 fryers
Turkey	3 oz.	36 lb.
Pickles		
Dill or sweet		10 cups
Relish		8 cups
Salads		
Green	¾ cup	32-40 cups
Potato, chicken or fruit	½ cup	28-32 cups
Salad dressings		
Mayonnaise	1 tbsp.	4 cups
French	2 tsp.	3-4 cups
Sandwiches		
Main meal	1½	70-80
Afternoon	1	50
Vegetables		
Asparagus	½ cup	18-20 lb.
Beans, green or wax	½ cup	10-12 lb.
Broccoli	½ cup	16-20 lb.
Cabbage	1 wedge	12-14 lb.
Cauliflower	½ cup	16-18 lb.
Celery, sticks	4 sticks	4-5 lb.
Corn on the cob	1 ear	5 doz.
Lettuce, for tossed salad	1 cup	8 heads
for salad plate		8-10 heads
Potatoes, baked	1 potato	17-25 lb.
mashed	½ cup	15 lb.
Tomatoes, sliced	3 slices	15 lb.
Frozen vegetables		10 lb.

***Based on one serving portion per person. For second helpings or larger serving portions, prepare additional food accordingly.**

CAESAR SALAD

Debbie Avery

4 Tbsp. vegetable oil
2 Tbsp. white vinegar
1 Tbsp. wine or cider vinegar, optional
2 Tbsp. olive oil
1 tsp. lemon juice
1 tsp. salt or less
Pinch of sugar, pepper, dry mustard, basil, celery seed
1 tsp. parsley
Dash of Tabasco sauce
Dash of Worcestershire sauce
1 to 2 cloves of garlic
1 egg yolk
1/4 cup Parmesan cheese
1 large bunch Romaine lettuce

Combine all of the above ingredients and stir. Wash/dry/tear Romaine lettuce; place on top. Throw on some croutons (optional). Sprinkle with another 1/4 cup of Parmesan cheese. Mix all together and serve.

CAESAR SALAD

Kathy McLean

1 large Romaine
1/2 cup bacon bits or 1/2 lb. crisp bacon
6 to 8 slices bread
1 cup sunflower oil
1/4 cup lemon juice
1 Tbsp. Worcestershire sauce
3 eggs
2 cloves garlic
1/2 tsp. salt
1/2 tsp. pepper
1/4 to 1/2 cup butter
3/4 cup Parmesan cheese

In food processor combine oil, lemon juice, eggs (cooked 1 minute), 2 cloves garlic, salt, pepper, Worcestershire sauce. Process 2 minutes. Place in refrigerator to cool. Toast and cube bread. Melt butter and mix with toast cubes. Microwave 6 minutes. Stir twice. Cool. Break Romaine into 2 to 3 inch pieces and put in large bowl. Put bread cubes, bacon and cheese on top. Pour on dressing. Toss until well coated. Serve.

Difficulties are stepping stones to success.

CAESAR SALAD

Janice Leverton

1 head Romaine lettuce
2 large or 3 to 4 small garlic cloves, chopped
1/4 cup olive oil
1 Tbsp. wine
2 Tbsp. vinegar
4 Tbsp. Parmesan cheese
1 tsp. dry mustard
5 shakes Worcestershire sauce
2 egg yolks
Croutons

Take Romaine lettuce, separate leaves wash and pat dry. Pour oil in bowl; add chopped garlic. Mix dry mustard with Parmesan cheese and mix into oil. Add wine vinegar and Worcestershire to oil mixture. Beat egg yolk and add to paste mixture. Break lettuce into pieces. Toss to coat with paste mixture. Add croutons. Serves 4 to 6.

24 HOUR SALAD

Deanna Hannabuss

1 head lettuce, torn bite size
Sugar
6 hard boiled eggs, sliced
1 (10 oz.) pkg. frozen peas
1 lb. bacon, cooked crisp, drained and crumbled
2 cups shredded Swiss cheese
1 cup Miracle Whip

In large glass bowl, layer 3 cups lettuce. Sprinkle with sugar. Salt and pepper to taste. Stand some eggs around edge of bowl. Sprinkle with salt. Layer peas, lettuce, bacon and cheese. Spread with Miracle Whip to seal edges. Cover and refrigerate for 24 hours. Garnish with paprika. Toss before serving.

CHEF'S SALAD-STUFFED TOMATOES

Doris Munroe

1 cup Swiss cheese, cut in julienne strips
1/4 lb. ham, cut in julienne strips
1/4 cup sliced sweet pickles
2 Tbsp. grated onion
1/4 tsp. salt
Dash of pepper
1/4 cup mayonnaise
4 medium tomatoes
10 olives, chopped
Parsley for garnish

In a medium bowl, toss cheese with ham. Combine pickles, onion, salt, pepper and mayonnaise. Add to cheese-ham mixture, tossing lightly to combine. Cut each tomato into four sections, almost to stem end. Spread apart slightly and fill tomatoes with salad mixture, mounding high. Arrange stuffed tomatoes on serving platter or individual plates, garnishing with parsley and olives. Refrigerate until ready to use. Serves 4.

CARROT AND ONION SALAD

Nadine Schmidt

2 lb. carrots, cut 1/4 inch thick diagonal slices
2 medium onions, sliced thin
1 medium green pepper, cut in strips
1/2 (10 oz.) can tomato soup
1/4 cup sugar
1/2 cup vegetable oil
1/2 tsp. mustard
1/3 cup vinegar
1/2 tsp. salt
1/4 tsp. pepper

Cook carrots in boiling salted water 6 to 8 minutes; drain. Put in bowl and add onion and green pepper strips. In small jar, combine remaining ingredients. Shake well. Pour over vegetables. Stir. Marinate several hours or overnight. To serve, lift vegetables out of dressing. Keeps 5 days in fridge.

CARROT SALAD

Shirley Lewis

2 lb. carrots
1 can tomato soup
1/4 cup oil
1/2 cup sugar
1 onion
1 green pepper
1 tsp. vinegar
1 tsp. salt
1 tsp. Worcestershire sauce
1/4 tsp. pepper

Boil carrots until cooked. Cool completely. Mix carrots with above ingredients and keep refrigerated overnight.

MUSHROOM AND ASPARAGUS SALAD

Marilyn Maude

1/2 lb. fresh asparagus, cut in 1-inch pieces
3 Tbsp. lemon juice
1/2 tsp. salt
Freshly ground pepper
Nutmeg
2 tsp. olive oil
1/2 lb. fresh mushrooms, thinly sliced

Cook asparagus just until tender crisp (2 minutes in the microwave on High); drain and chill. In a small bowl, mix lemon juice, salt, pepper and a light sprinkle of nutmeg. Beat in oil. Toss mushrooms and asparagus with dressing until well coated. Chill. Makes 4 servings.

MARSHMALLOW ORANGE SALAD

Audrey McMillan

1/2 pt. dairy sour cream
2 cups miniature marshmallows
1 can diced pineapple
1 can Mandarin oranges

Mix first two ingredients; let stand in refrigerator 1 hour. Drain both cans of fruit; fold into chilled mixture. Refrigerate overnight.

LEFTOVER SALAD

Jean Pawlek

Leftover salad cannot be used over again but it makes excellent soup. Drain greens of excess dressing; cook them in large saucepan until very limp. For each 500 grams (1 pound) limp greens, stir in about 1 tablespoon flour, then 750 millilitres (3 cups) milk, chicken stock, or a mixture of the two. Cover and simmer very gently for 10 to 15 minutes. Puree in a blender or electric food processor, strain to remove fibres and taste for seasoning. Reheat and, if you like, add a little lemon juice just before serving. The flavour of the soup should have a slight bite left by the vinaigrette dressing.

WALDORF SALAD SPECIAL

Anne Heddle

2 red apples (not peeled), chopped
4 stalks celery, chopped fine
1/2 cup chopped walnuts or pecans
1/2 cup mayonnaise
1/2 cup green seedless grapes
1 cup chopped chicken or turkey
Lemon juice, to soak apples

Soak apples in lemon juice for 1 minute. Discard juice. Then toss all ingredients together and enjoy!

CABBAGE SALAD

Rhonda Weston

1 large cabbage
2 or 3 carrots
1 onion
3 stalks celery
1 green pepper
1/2 cup sugar
1/2 tsp. salt
1/2 cup vinegar
1 cup Miracle Whip

Shred vegetables. Mix together sugar, salt, vinegar and Miracle Whip; add to vegetables. Chill and serve. This salad keeps well.

SAUERKRAUT SALAD

Nadine Schmidt

1 (14 oz.) can sauerkraut, drained
1 cup chopped peppers, green and red
1 cup chopped onions
1 cup chopped celery
1/4 cup grated carrots
1 1/2 cups sugar
2/3 cup white vinegar

Measure sugar and vinegar into saucepan. Bring to a boil and let cool. Pour over mixture. Refrigerate 24 hours.

PISTACHIO SALAD

Barbara Archer

Pistachio instant Jello pudding
19 oz. can crushed pineapple
1 Tbsp. lemon juice
1 cup miniature marshmallows
1 small Cool Whip

Mix all ingredients together and refrigerate.

OVERNIGHT SALAD

Jane Hudspeth

1 medium cabbage, chopped fine
1 green pepper, chopped fine
1 medium onion, chopped fine
1 cup white sugar
1/2 cup salad oil
1 tsp. celery seed
1/2 cup cider vinegar

Combine cabbage, pepper and sugar. Combine last four ingredients; heat to boil but DO NOT overboil. Cool; pour over cabbage mixture. Store in refrigerator overnight before serving. Keeps for 2 weeks.

TABOULEY SALAD

Mrs. Shehodeh

From Middle East

3 bunches parsley
3 tomatoes
1 green onion
1/2 cup bulgur wheat
1/2 cup olive oil
Pinch of dry mint
Pinch of salt
1/2 cup lemon

Soak bulgur wheat in 1 cup water for 10 minutes. Clean parsley under running water; drain. Chop parsley, tomatoes and onion. Place in bowl. Add bulgur wheat, olive oil, mint, salt and lemon. Mix and serve. Serve with meals.

5 CUP SALAD

Lynne Reed

1 cup sour cream
1 cup coconut
1 cup miniature marshmallows
1 cup Mandarin oranges
1 cup pineapple tidbits

Put sour cream, coconut, marshmallows, Mandarin oranges, pineapple into bowl. Mix all together well; refrigerate at least 12 hours.

FRUITED CHEESE SALAD

Margaret Lewis

2 cups cottage cheese, creamed
1 large Cool Whip
1 (3 oz.) orange Jello
1 (3 oz.) pineapple Jello
1 (10 oz.) can pineapple tidbits, well drained
1 can Mandarin oranges, well drained

Blend together cottage cheese and Cool Whip. Add Jello crystals and fruit. Place in large 7 to 8 cup jelly mould and chill for several hours. Two orange Jellos work well. One can of fruit cocktail can be used in place of pineapple.

HAWAIIAN MOUSSE

Judy Potter

1 (14 oz.) crushed pineapple
2 (10 oz.) Mandarin oranges
1 lemon Jello
1 cup boiling water
16 oz. sour cream

Drain fruit. Dissolve lemon Jello in boiling water. Let Jello cool a bit. Fold in pineapple, oranges and sour cream. Pour into dish or jelly mould. Refrigerate.

CHEESE AND CORN CHOWDER

Mrs. Shirley Boven

1/2 cup water
2 cups diced potatoes
1 cup sliced carrots
1 cup chopped celery
1 tsp. salt
1/4 tsp. pepper
2 cups cream-style corn
1 1/2 cups milk
2/3 cup grated cheese

Combine the first six ingredients in a saucepan. Bring to a boil, cover and simmer 10 minutes. Add cream-style corn. Simmer another 5 minutes. Add milk and grated cheese. Stir until cheese melts and chowder is heated through. Do not boil.

FRENCH ONION SOUP

Nadine Schmidt

4 large onions, sliced
3 Tbsp. butter or margarine
6 cups beef broth
1 tsp. salt
6 slices French bread, toasted
1/4 tsp. pepper
1 tsp. Worcestershire sauce
1/2 cup grated Parmesan cheese
1/3 cup Swiss or brick cheese

Saute onion in butter 15 minutes or until lightly browned. Stir in beef broth, salt and pepper. Add Worcestershire sauce. Bring to boil, reduce heat, cover and simmer 30 minutes. Ladle soup into six ovenproof soup bowls or 12-ounce custard cups or an 8-cup casserole. Place bread slices on top, sprinkle with cheese. Heat in 425°F oven for 20 minutes, then under broiler until top is bubbly and lightly browned.

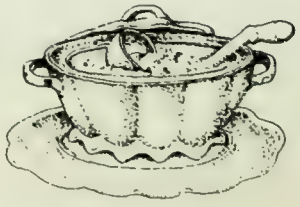
VEGETABLE SOUP WITH MEATBALLS

Audrie Pirie

1 Tbsp. butter or margarine
3 medium onions, sliced
3 large carrots, sliced
1 medium potato, diced
3 celery stalks, diced
19 oz. can tomatoes
6 cups water
1 cup small shells or small pasta bows
Meatballs:
Salt, pepper, nutmeg to taste
1 lb. hamburger
1/3 cup diced bread
1 egg, slightly beaten

Saute vegetables (except for tomatoes) in butter for 10 minutes. Add tomatoes, water and seasonings. Cover, bring to a boil and simmer for 30 minutes.

Meatballs: Combine hamburger, bread, egg and seasonings; shape into 1-inch balls. Brown on all sides in vegetable oil. Add meatballs and 1 cup pasta to vegetables. Cook until pasta is tender, about 20 minutes. Serve with garlic bread.



TOMATO CHOWDER

Lisa MacDonald

2 cups diced raw potatoes
3/4 cup diced onions
3 cups coarsely chopped tomatoes
1 cup coarsely chopped celery
2 tsp. salt
1/4 tsp. pepper
1/4 tsp. oregano
2 1/2 cups boiling water

Sauce:
3 Tbsp. butter
1/4 cup flour
1/2 tsp. dry mustard
2 cups milk
1 tsp. Worcestershire sauce
1/2 cup grated cheddar cheese
1 tsp. salt
1/4 tsp. pepper

Combine first eight ingredients. Bring to a boil; simmer 1/2 hour or so. Make sauce separately; add to above. Simmer another 1/2 hour. Watch carefully or it will stick. A crusty bun with butter and chowder is a meal in itself!

CREAMY CAESAR DRESSING

K. Chivers

Food Processor

3 cloves garlic, crushed or sliced
1/2 tsp. salt
2 eggs
2 Tbsp. lemon juice
1 tsp. Dijon mustard
2 cups oil
1/2 tsp. pepper
6 Tbsp. grated Parmesan cheese

Put garlic, salt, eggs, lemon juice and mustard in work bowl; mix well. With machine running, drizzle oil in very slowly. Add pepper and grated Parmesan; mix thoroughly. If stored in a tightly sealed container in the refrigerator, dressing will keep for one month.

GRAMMA VANEVERY'S SALAD DRESSING

Clarke Family

2 eggs
1/2 cup white sugar
1 tsp. salt
1/2 tsp. dry mustard
2 heaping tsp. flour
1/2 cup vinegar
1 cup boiling water

Cook in top of double boiler, stirring once or twice until smooth. Store in refrigerator. May be diluted with milk. The perfect dressing for coleslaw, potato salad, or anywhere you would use mayonnaise.

GARLIC VINAIGRETTE DRESSING

Beverley Dunnett

2 large cloves garlic, minced
1 cup apple cider vinegar
1/2 cup water
1/8 tsp. black pepper
1 Tbsp. dry mustard
1/2 tsp. salt, optional
1/2 cup oil
1 tsp. sugar

Blend in all ingredients together. Let stand 1 hour. Refrigerate dressing in covered glass container up to 3 weeks.

EXTRA RECIPES

Vegetables

VEGETABLE COOKING TIMETABLE

	Boil	Steam	Pressure Cook (15 pounds pressure)	Bake (350°F.)
Asparagus, tied in bundles	15-20	30-40	9	
Beans, wax or green	15-25	30-35	2-2.5	
Beets, whole	25-45		15-18	90
Beet greens (tops)	5-15			
Broccoli, stalks	10-15	15-20	1½-3	
Brussels sprouts	10-20	15-20	1-2	
Cabbage, green				
wedges	8-15	10-15	2-3	
shredded	4-8	8-12	½-1½	
Cabbage, red				
shredded	20-25	25-30	3-4	
Carrots, sliced	15-20	20-30	2-3	35-45
Cauliflower,				
whole	15-25	25-30	3-4	
flowerettes	10-15	10-20	1½-3	
Celery, diced	15-20	25-30	2-3	
Corn on the cob	8-10	10-15	½-1½	
Eggplant, sliced	10-20	15-20		30
Onions, small, whole	15-30	25-30	3-4	
Parsnips, quartered	20-30	30-45	10	
Peas	15-20	15-25	1	
Potatoes, whole	30-35	30-45	15	40-60
quartered	20-30	30-35	8	
Squash Hubbard, sliced	35-45	45-50	12-15	60-90
Squash, Summer, sliced	8-15	15-20	1½-3	30
Spinach	4-8	5-12		
Turnips, sliced	15-20	20-25	1½	

(All cooking times are in minutes)

Boiling: Add vegetables to boiling, salted water using as little water as possible. Cover saucepan. Bring water to a boil again and then reduce heat to a gentle boil. Cook until just tender. Drain; season to taste.

Steaming: Place vegetables in steamer basket just over, not touching, rapidly boiling water. Sprinkle with salt, cover, and cook until just tender. Drain; season to taste.

Pressure Cooking: A quick way to cook vegetables; helps retain color, flavor and nutrients. Follow manufacturer's instructions carefully.

Baking: Place prepared vegetables in a greased baking dish with a small amount of water; season, dot with butter, cover and bake. Potatoes and squash are best baked dry in their skin. Baking helps retain color, flavor and nutrients. Vegetables can often be baked in the oven alongside another part of the meal.

Note: Whatever the method of preparation be careful to avoid overcooking. Always cook vegetables until just tender so as to retain color, maximum flavor and nutritional value.

VEGETABLES

GREEN BEAN CASSEROLE

Lin Woods

3 (19 oz.) cans green beans
1 can cream of mushroom soup
1 (8 oz.) container sour cream
1/2 tsp. salt
1/2 tsp. garlic salt
1 cheese slice
Crushed soda crackers
Melted butter

Mix first five ingredients together in bowl, then put in casserole dish. Top with cheese slice, cut in four. Cover with crushed soda crackers and melted butter. Bake at 325°F for 1/2 hour to 45 minutes.

BROCCOLI-RICE CASSEROLE

Rhonda Weston

1 small onion, chopped
1 (10 oz.) pkg. frozen chopped broccoli
1 cup celery, chopped
4 oz. margarine
1 small jar Cheez Whiz
1 can mushroom soup
2 cups cooked rice

Melt butter in saucepan. Add onions and broccoli. Saute until onions are clear. Add Cheez Whiz to mushroom soup, stirring frequently until cheese has melted. Combine all ingredients in a buttered casserole. Add salt and pepper to taste. Mix well. Bake at 350°F for 30 minutes.

BROCCOLI CASSEROLE

Karen Arnold

2 pkg. frozen or 2 heads fresh broccoli
1 can cream of mushroom soup
2 eggs
4 oz. sharp cheddar cheese, grated
3/4 cup mayonnaise
1 medium onion, chopped

Cook broccoli as directed, then chop. Beat eggs. Add mushroom soup, mayonnaise, cheese, onion and broccoli. Mix together carefully. Pour into greased casserole or 9x9 inch cake pan. Sprinkle with cracker crumbs and dot with butter. Bake at 350°F for 30 minutes. Recipe can be prepared ahead of time, then baked when needed. Also, recipe is easily halved.

BROCCOLI & RICE CASSEROLE

Mrs. Shirley Boven

1 bunch broccoli
1 small onion
1 tin cream of celery soup
1/2 cup Cheez Whiz
2 cups cooked rice
1/4 cup grated cheddar cheese

Cook broccoli florets for 10 minutes. Chop the onion and saute in butter. Arrange the broccoli in the bottom of a 9-inch square dish, greased. Combine rice, Cheez Whiz, condensed soup and onion. Spread over broccoli. Sprinkle with grated cheddar cheese. Bake 20 to 25 minutes at 350°F.

BROCCOLI CHEESE BAKE

Anne Heddle

1 bunch broccoli
1 can cream of mushroom soup
1 cup grated cheddar cheese
1 cup chopped celery
6 green onions, chopped
1/2 cup cracker crumbs
Dabs of butter

Steam broccoli until barely tender. Mix all other ingredients together except for crumbs and butter. When broccoli is done, arrange in casserole dish. Pour sauce over broccoli. Sprinkle crumbs on top. Dot with butter (about six times). Bake at 350°F for 20 to 25 minutes. Serves 4 people.

BROCCOLI AND CAULIFLOWER CASSEROLE

Janice Berkiw

1 lb. broccoli, part boiled
1 lb. cauliflower, part boiled
1 can cream of chicken or celery soup
2 Tbsp. mayonnaise
1/2 cup shredded medium cheese
1/2 cup cracker crumbs
2 Tbsp. melted butter

Cut broccoli and cauliflower into pieces and place into a casserole dish. Combine soup, mayonnaise and cheese. Pour over broccoli and cauliflower. Mix crumbs and melted butter together. Sprinkle on top of vegetable mixture. Bake uncovered at 350°F for 30 to 40 minutes or until tender.

Education is not received; it is achieved.

STUFFED PEPPERS

Nadine Schmidt

4 large green peppers
1/2 lb. ground beef
2 Tbsp. chopped onion
2 Tbsp. oil
1 cup cooked long grain rice
1 1/2 cups bread crumbs
1 egg
Salt and pepper
1 cup mozzarella cheese
1 cup tomato sauce

Core peppers. Cook in boiling water about 5 minutes and drain. Sprinkle inside with salt and cool. Saute beef and onion in oil over high heat. Add cooked rice, 1/2 cup tomato sauce, salt and pepper. Saute beef until all pinkness is gone. Remove from heat; cool. In large bowl, combine beef mix, bread crumbs and egg. Mix well. Lightly pile meat mix into peppers. Spoon remaining tomato sauce over peppers. Cover and bake 20 minutes at 350°F. Remove from oven, sprinkle with mozzarella cheese and return to oven. Continue to bake until cheese has melted.

POTATO CASSEROLE

Deanna Hannabuss

5 lb. potatoes (9 large)
2 (3 oz.) pkg. cream cheese
1 cup sour cream
2 tsp. onion salt
1 tsp. salt
1/4 tsp. pepper
2 Tbsp. butter

Cook peeled potatoes in boiling water until tender; drain. Mash until smooth (no lumps). Add remaining ingredients; beat until light and fluffy. Cover and place in refrigerate. May be used any time within 2 weeks. To use, place desired amount in greased casserole; dot with butter. Bake at 350°F until heated through, approximately 30 minutes. If using full amount, heat in 2-quart casserole and dot with 2 tablespoons butter. Makes 8 cups or serves 12.

POTATOES ROMANOFF

Diane Thiessen

6 large potatoes
10 oz. sour cream
1 1/2 cups shredded cheddar cheese
1 bunch green onions
1 1/2 tsp. salt
1/4 tsp. pepper
Paprika

Cook potatoes in skins, cool, peel and shred. Stir in remaining ingredients, reserve 1/2 cheese to put on top. Sprinkle with paprika. Cover and refrigerate several hours or overnight. Bake uncovered at 350°F for 30 to 40 minutes. Serves 8 to 10. Bon appetit!

POTATO CASSEROLE

Sue Adler

1 (1 lb.) pkg. frozen hash browns
1/2 can cream of mushroom soup
1/2 large container sour cream
1 cup grated cheddar cheese
1/2 cup chopped onion
Crushed Corn Flakes or potato chips

Mix all ingredients together. Place in baking dish. Sprinkle top with crushed Corn Flakes. Bake at 325°F for 1 hour.

PAPRIKAS POTATOES

Nadine Schmidt

3 Tbsp. lard
1 medium onion
1 to 2 Tbsp. paprika
4 to 5 potatoes, sliced
1 cup water
Salt, pepper, onion powder to taste

In saucepan, brown onion in lard and add paprika. Add water, sliced potatoes and seasonings. Cover and cook 20 minutes. May need to add a little water as potatoes cook.

CRISPY POTATOES

Marlene Lupal

4 to 6 medium size potatoes
Salt and pepper
Butter
Garlic powder
1/4 cup grated Parmesan cheese

Peel potatoes and rinse in cold water. Poke each potato once with a fork. In a casserole dish, place each potato on a dot of butter. Sprinkle salt, pepper and garlic powder on potatoes to taste. Place a dot of butter on top of each potato and cover evenly with grated Parmesan cheese. Place covered casserole dish in a 400°F oven for 1 to 1 1/2 hours.

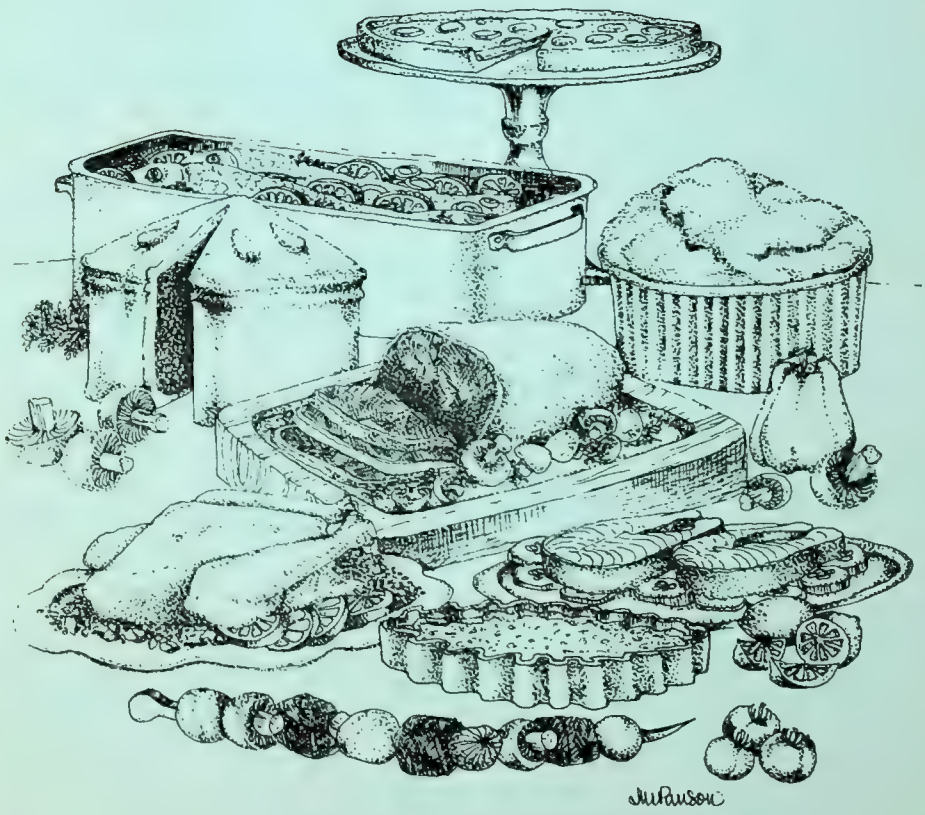
TURNIP PUFF

Margaret Lewis

3 cups cooked turnip
2 Tbsp. butter
2 eggs
3 Tbsp. flour
1 Tbsp. brown sugar
1 tsp. baking powder
1 cup applesauce
3/4 tsp. salt and pepper

Whip turnip. Add applesauce and well beaten eggs. Stir in butter and rest of ingredients. Put in baking dish. Bake at 350°F 45 minutes.

Main Dishes



TIMETABLE FOR ROASTING MEAT AND POULTRY AT 325 °F

— Roast uncovered with no liquid added.

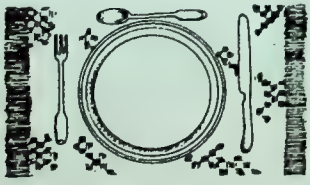
— Times are approximate; for accurate results use a meat thermometer.

	Ready to Cook Weight (lbs.)	Approximate Time Required to Roast (hours)	Internal Temperature (°Fahrenheit)
Beef roasts	4-6	2-2½ (rare) 2½-3½ (medium) 2¾-4 (well done)	140° 150° 170°
Veal roasts	3-5	2-3½ (well done)	180°
Lamb roasts	3-5	2-3 (medium) 2¼-3¼ (well done)	145° 170°
Pork loin roasts	4-6	2¼-3½ (well done) 3½-4 (well done)	180° 185°
Ham, cook before eating	5-7	2½-3½	170°
Ham, fully cooked	2-7	1½-2	130°
Chicken broilers or fryers, stuffed	1½-2½ 2½-4½	1-2* 2-3½	185°
Turkey roasters, stuffed	8-12 12-16 16-20 20-24	3½-4½* 4½-5½ 5½-6½ 6½-7	185°

*Poultry without stuffing may take less time.

COOKING GUIDE FOR EGG, MILK, MEAT AND CHEESE DISHES

	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Souffles	350° - 375°	30 - 60
Macaroni and Cheese	350° - 375°	25 - 45
Lasagne	350° - 375°	30 - 45
Meatloaf	350°	60 - 90
Meat Pie	400°	25 - 30
Casseroles	350° - 375°	25 - 40
Scalloped Potatoes	350°	50 - 60
Quiche	375° - 400°	35 - 45
Pizza	400° - 425°	20 - 30



MAIN DISHES

ISABEL'S SWEET AND SOUR MEATBALLS

Valerie Mowat

2 lb. minced beef
2 onions
2 eggs
1 cup fine bread crumbs
1 tsp. salt
2 Tbsp. flour

Sauce:
1 cup brown sugar
1/2 cup tomato ketchup
1/2 cup sweet pickle vinegar
1/4 cup soya sauce or less
1 tsp. fresh ginger or 1/2 tsp. ground ginger

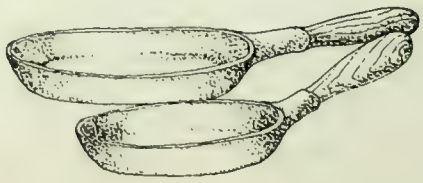
Make into small meatballs and fry until almost cooked. Combine sauce ingredients in pan. Pour over meatballs. Simmer until meat has sauce flavour. Serve over rice or spaghetti.

ORIENTAL MEATBALLS

Mrs. Cathy Tennant

1 1/2 lb. ground beef
3/4 cup bread crumbs
1/2 cup milk
2 Tbsp. chopped parsley
1 tsp. garlic salt
1/4 tsp. pepper
2 Tbsp. oil
1 large onion, chopped (1 cup)
2 large green peppers, diced
1 (4 oz.) can chopped mushrooms
3 small tomatoes, quartered
2 envelopes or tsp. instant beef broth
2 cups water
3 Tbsp. soya sauce
3 Tbsp. cornstarch
1/4 cup cold water

Combine beef, bread crumbs, milk, parsley, garlic salt and pepper in a large bowl. Shape into small meatballs. Brown in oil in medium size skillet and remove. Saute green pepper and onions 3 minutes. Add mushrooms, liquid beef broth, tomatoes, 2 cups water, soya sauce and meatballs. Cook 5 to 8 minutes. Blend cornstarch and cold water. Cook over medium heat until sauce thickens, about 2 minutes. Great over rice.



PINEAPPLE MEATBALLS

Marie Brown

1 to 1 1/2 lb. ground beef
Salt and pepper to taste
1/4 cup milk
2 Tbsp. ketchup
2 Tbsp. dry mustard
Garlic salt to taste
3/4 cup bread crumbs
1 egg
Sauce:
1 cup ketchup
1/4 cup vinegar
1/4 cup water
2 Tbsp. brown sugar
2 Tbsp. cornstarch and a little water
1/4 cup beer
6 Tbsp. crushed pineapple
1 Tbsp. A-1 sauce
1/4 cup pineapple juice

Roll together first eight ingredients and place on cookie sheet. Bake at 375°F for 20 minutes. Place meatballs in casserole. Pour sauce over and cover. Bake 1 hour at 350°F.

SWEET AND SOUR MEATBALLS

Bonnie Downie

Meatballs:
1 lb. hamburger
1/2 cup dry bread crumbs
1/4 cup milk
2 Tbsp. chopped onion
1 tsp. salt
1/2 tsp. Worcestershire sauce
1 egg

Sweet and Sour Sauce:
1/2 cup packed brown sugar
1 Tbsp. cornstarch
1 (13 1/4 oz.) can pineapple chunks
1/3 cup vinegar
1 Tbsp. soy sauce
1 small green pepper, coarsely chopped

Shape meatballs into twenty 1 1/2-inch balls. Cook in ungreased oblong pan, 13x9x2 inches, in 400°F oven until light brown, 20 to 25 minutes. Mix brown sugar and cornstarch in skillet. Stir in pineapple with syrup, vinegar and soy sauce. Heat to boiling, stirring constantly. Reduce heat. Add meatballs; cover. Simmer, stirring occasionally, for 10 minutes. Stir in green pepper. Cover; simmer until crisp-tender, 5 minutes.

No knowledge, no doubt.

SWEET AND SOUR MEATBALLS

Dawn Humphrey

1/4 cup vinegar
2 cups water
1 cup brown sugar
2 Tbsp. cornstarch
1/2 cup ketchup
1/2 tsp. garlic salt
3 Tbsp. soya sauce

Blend vinegar, water, brown sugar and cornstarch. Add ketchup, garlic salt and soya sauce. Make meatballs in usual manner and brown. Pour sauce over meatballs in large casserole dish, covered. Bake at 350°F for 1 1/2 to 2 hours. Remove lid during last half hour to help thicken. Sauce yields 2 1/2 pounds hamburger.

WAIKIKI MEATBALLS

Debra Lundgren

1 1/2 lb. ground beef
2/3 cup cracker crumbs
1/3 cup minced onion
1/4 cup milk
1/2 tsp. Worcestershire sauce
1 egg
1/2 cup packed brown sugar
1 Tbsp. cornstarch
1 (13 1/2 oz.) can pineapple tidbits
1/3 cup vinegar
1 Tbsp. soy sauce
1/3 cup chopped green pepper

Mix together the first six ingredients. Shape mixture into 1 1/2 inch balls. Cook in large skillet. Remove meatballs and drain fat from skillet. Mix brown sugar and cornstarch in skillet. Stir in pineapple with syrup, vinegar and soy sauce. Heat to boiling, stirring constantly. Reduce heat and add meatballs. Cover, simmer, stirring occasionally, 10 minutes. Stir in green pepper. Cover, simmer until crisp-tender, 5 minutes.

MEAT PIE

Darlene Aulenback

1/2 lb. stewing beef
1/2 lb. pork
1 large onion, chopped
2 medium potatoes, diced
Salt and pepper
1 Tbsp. savory
1 double-crust 9-inch pastry

Cut meat into 1-inch cubes. Add onion, salt and pepper to taste, and savory. Put meat and onion mixture into Dutch oven. Cover with water, bring to a boil and simmer for 1 to 1 1/2 hours or until tender. When meat is cooked, add diced potatoes and cook for another 20 minutes. Turn into pie crust, cover, seal and slit top crust. Bake at 350°F for 1 hour.

TAHITIAN BEEF

Patti L. MacQueen

1 1/2 lb. lean beef, cut into small strips, or 1 1/2 lb. braising ribs
2 to 3 Tbsp. cooking oil or rendered beef fat
1/4 cup water
1 (19 oz.) can pineapple chunks
1/4 cup brown sugar
2 Tbsp. cornstarch
1/4 cup vinegar
1 Tbsp. soya sauce
Salt and pepper to taste
3/4 cup green pepper strips

Brown beef slowly in oil or fat in a heavy frying pan. Add water. Cover and simmer until tender, about 1 hour. Drain off excess fat. Drain pineapple and reserve juice. In a saucepan, mix sugar and cornstarch. Add pineapple juice, vinegar, soya sauce and salt and pepper to taste. Cook and stir over low heat until sauce is thickened. Pour over beef and simmer, covered for 15 minutes. Add pineapple and green pepper and heat through. Serve over rice. Serves 6.

YORKIE BEEF PUDDING

Liz Guadagnolo

1 small onion, thinly sliced
3 Tbsp. butter or margarine
3/4 to 1 lb. ground beef
1/2 cup leftover cooked vegetables
1 can beef gravy or your own
1/2 cup water
1/4 tsp. salt
1/8 tsp. pepper
2 to 3 eggs
1 cup milk
1 cup sifted all-purpose flour
1/2 tsp. salt

Saute onions in 1 tablespoon of butter until tender. Add meat; cook until brown. Add vegetables. Combine gravy and water in a 2-cup measure. Stir 1/4 cup gravy mixture into meat-vegetable mixture. Blend well. Add salt and pepper. Set oven hot at 425°F. Melt remaining 2 tablespoons butter in a deep 10-inch casserole while oven heats. Beat eggs in medium-sized bowl. Add milk and 1/2 teaspoon salt. Beat until batter is smooth; pour into casserole. Spoon meat-vegetable mixture into middle of batter. Bake 30 minutes or until brown and fluffy. Heat remaining gravy and serve with pudding.

BEEF TERIYAKI

Margo Anderson

4 lb. eye of round roast
2/3 cup soy sauce
2 cups canned consomme
1/2 to 3/4 cup red wine
1/3 cup spring onions, chopped
2 1/3 Tbsp. lemon juice
2 cloves garlic or garlic salt
2 tsp. powdered ginger

Mix all ingredients except meat until everything is dissolved. Place meat in a marinator or tall narrow container that is just a little larger than the meat. If meat is entirely covered, it is ideal. Let marinate 10 to 15 hours if meat was entirely covered; if not, about 20 hours, turning frequently to get all beef covered. Preheat oven to 325°F. Remove from marinade and cook 32 minutes per pound for rare and 38 minutes for medium. Baste with marinade and heat leftover marinade to serve with meat. I like to use a meat thermometer, then I know when meat is done correctly.

IMPOSSIBLE CHEESEBURGER PIE

Janice Carrol

1 lb. ground beef
1 1/2 cups chopped onion
1/2 tsp. salt
1/4 tsp. pepper
1 1/2 cups milk
3/4 cup Bisquick baking mix
3 eggs
2 tomatoes, sliced, or mushrooms, sliced, or both
1 cup shredded cheddar cheese

Heat oven to 400°F. Grease pie plate, 10x1 1/2 inches. Brown beef and onions; drain. Stir in salt and pepper. Spread into pie plate. Beat milk, baking mix and eggs until smooth, about 15 seconds in blender on high speed or 1 minute with hand beater. Pour over meat mixture in plate. Bake 25 to 45 minutes, depending on oven heat. Top with sliced tomatoes or mushrooms or both. Sprinkle with shredded cheese. Return to oven for another 5 to 10 minutes. When knife inserted in centre comes out clean, it's done. Cool 5 minutes and serve. Makes 6 to 8 servings.

Adolescence: the age when children try to bring up their parents.

ROULADEN

Nan Hunter

2 lb. round beef, thinly sliced
4 slices cooked bacon, diced
4 dill pickles, sliced lengthwise
1 tsp. mustard
Pinch of marjoram
2 to 3 Tbsp. flour
2 Tbsp. fat (bacon fat)
2 cups beef broth

Pound meat until thin. Cut into rectangular shapes. Place bacon, pickle slices and mustard over each. Sprinkle with marjoram. Roll up, dredging outside of roll with flour. Secure with toothpicks. Saute in hot fat until brown on all sides. Transfer to casserole. Add remaining flour to pan. Slowly add broth. Simmer until thickened, pour over meat. Cover slightly. Simmer 1 1/2 hours at 350°F. Remove toothpicks!

MEATLOAF

Jeannette McQuarrie

1 1/2 lb. ground beef
2/3 cup cracker crumbs
1 cup tomato juice
2 eggs
1 chopped onion
1 chopped green pepper
1 tsp. salt
1 tsp. sage
1/8 tsp. pepper
1 tsp. parsley
Sauce:
1/4 cup ketchup
1 tsp. dry mustard
3 Tbsp. brown sugar
1/4 tsp. nutmeg

Mix loaf ingredients and put in loaf pan. Mix sauce ingredients and pour over meat in loaf pan. Bake at 350°F for 3/4 to 1 hour.

GARLIC RIBS

Jean Pawlek

3 lb. pork side ribs, cut in 2-inch pieces
2 to 3 cloves garlic, crushed
1 (10 oz.) can consomme
2 Tbsp. sugar
1/2 cup honey
1/4 cup soy sauce
1 tsp. salt

Place ribs in a large bowl. Mix together garlic, consomme, sugar, honey, soy sauce and salt. Pour over pork ribs. Marinate several hours or overnight in refrigerator. Bake in 400°F oven 30 minutes. Reduce heat to 325°F. Bake, basting frequently, 1 hour longer. Makes 6 servings.

SWEET & SOUR PORK

Kit Lin Lau

2/3 lb. pork loin
1 Tbsp. soya sauce
1 egg yolk
1 Tbsp. cornstarch
6 Tbsp. cornstarch
1 cup pickled vegetable salad
1 small green pepper
1/2 tsp. chopped garlic
6 cups oil for frying
3 Tbsp. vinegar
3 Tbsp. sugar
3 Tbsp. water
3 Tbsp. tomato ketchup
1/3 tsp. salt

Remove any fat or tough membrane from pork loin; cut pork into slices 2/3 inch thick. Using blunt edge of cleaver, lightly pound slices to tenderize. Cut meat into bite-size pieces. Mix soya sauce and egg yolk and let soak 20 minutes. Before deep-frying meat, mix with 6 tablespoons cornstarch. Remove seeds from green pepper and cut into bite-size pieces.

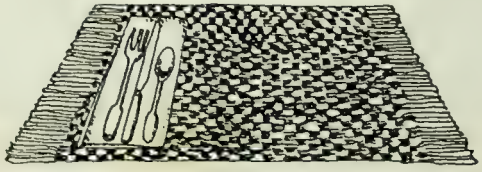
Heat oil for deep-frying. Deep-fry pork pieces over medium heat for 3 minutes. Remove and reheat oil until very hot; refry pork pieces another 30 seconds; remove and drain. Reheat pan and 3 tablespoons oil. Stir-fry chopped garlic until fragrant. Add green pepper and pickled salad. Stir-fry briefly. Add vinegar, sugar, water, ketchup and salt. When mixture begins to boil, add 1 1/2 teaspoons cornstarch and water to thicken. Add fried meat pieces and toss slightly to mix together. Remove to serving plate and serve.

BARBECUED PORK CHOPS

Judy Potter

1 beef Oxo cube
2 Tbsp. hot water
1 Tbsp. oil
1 Tbsp. sugar
1 tsp. ginger
1/4 cup soya sauce
1/4 cup honey
2 tsp. salt
Pork chops

Dissolve Oxo cube in hot water. Add all remaining ingredients and blend. Pour marinade on chops and cover. Refrigerate 6 hours and turn occasionally. Baste with marinade while barbecuing.



SMOTHERED PORK CHOPS

Janice Berkiw

6 pork chops
1/2 cup chicken broth
1/4 cup honey
1/4 cup soya sauce
2 Tbsp. catsup
1 garlic clove, minced, or
1 tsp. garlic powder

Brown chops in a frying pan. Mix remaining ingredients together and pour over chops. Cover and cook over low heat 30 to 45 minutes or until tender. Serve with rice and a vegetable.

HONEY GARLIC RIBS

Margaret Lewis

1/4 to 1/2 cup soya sauce
1/2 cup water
1/2 cup brown sugar
1/2 cup liquid honey
1 tsp. garlic powder
2 to 3 lb. ribs

Bring first five ingredients to a boil and set aside. Brown ribs with fresh clove of garlic and small onion, chopped. Place ribs in baking dish and pour sauce over. Bake for 1 to 1 1/2 hours at 275°F. Add cornstarch to thicken, if needed.

STIR-FRIED SHRIMP WITH ASSORTED VEGETABLES

Kit Lin Lau

1/2 lb. raw shelled shrimp
1/4 tsp. salt
1/4 tsp. rice wine
1/2 egg white
2 tsp. cornstarch
3 cups oil for frying
1/2 cup precooked diced
bamboo shoots
1/4 cup diced precooked carrot
1/4 cup precooked green peas
1-inch sections green onion
6 slices ginger root
1/4 tsp. salt
1/4 tsp. black pepper
1/4 tsp. sesame oil
1 Tbsp. water
1/2 tsp. cornstarch

Rinse and devein shrimp; drain. Mix with salt, wine, egg white and 2 teaspoons cornstarch; let sit 20 minutes. Heat oil until medium heat. Deep-fry shrimp and vegetables separately about 30 seconds. Remove; drain. Reheat pan and 1 tablespoon oil. Stir-fry green onion and ginger until fragrant. Add shrimp and vegetables, 1 teaspoon rice wine, salt, pepper, sesame oil, water and 1/2 teaspoon cornstarch. Toss lightly to mix all ingredients together. Serve. *If rice wine is unavailable, substitute with other cooking wine.

SOLE WITH SHRIMP SAUCE

Sue Adler

2 lb. frozen fillets of sole
3 Tbsp. butter
2 small onions, chopped
2 Tbsp. flour
2/3 cup dry white wine
2 Tbsp. chopped parsley
1/2 cup grated Swiss cheese
1/2 lb. chopped mushrooms
1 1/2 tsp. salt
1/4 tsp. pepper
1 cup light cream
1/4 cup water
4 1/4 oz. can small shrimp

Preheat oven to 400°F. Lay thawed fish in one layer in large dish. Heat butter; add onions and mushrooms to cook. Sprinkle in flour, salt and pepper; stir. Remove from heat. Stir in cream, wine and water. Return to heat. Stir constantly until thickened. Remove from heat. Stir in parsley and shrimp. Pour over fish. Sprinkle cheese on top. Bake for 25 minutes.

BLENDER SALMON PIE

Sue Adler

125 g (4 oz.) cream cheese
1 1/2 cups milk
4 eggs
7 oz. can salmon, drained
4 green onions with tops, sliced
1/4 tsp. tarragon, crumbled

Preheat oven to 325°F. Grease 9-inch pie plate. Whirl cream cheese, milk and eggs in a blender or food processor until fairly smooth. Pour into pie plate. Stir in salmon, onions and tarragon. Bake in center of preheated oven for 45 or 50 minutes, until centre seems set when slightly jiggled.

SALMON QUICHE

Judy Potter

7 3/4 oz. can salmon, drain, flake, reserve liquid
3 eggs
1 1/4 cups milk
1/4 tsp. salt, pepper
1 cup grated Swiss cheese
1 small onion, finely chopped
1/2 cup chopped broccoli, optional
9-inch pie crust shell

Beat eggs. Stir in milk, salt, pepper and reserved salmon liquid. Sprinkle 1/2 of cheese and onion in pie shell. Arrange broccoli and salmon flakes over top, then remaining cheese and onion. Pour egg mixture over. Bake at 350°F for 50 to 55 minutes.

SUPER SALMON LOAF

Jeannette McQuarrie

1 (15 1/2 oz.) can salmon
1 Tbsp. lemon juice
2 eggs, beaten
1 cup soft bread crumbs
1 cup grated cheddar cheese
1/4 cup chopped onion and celery
1/2 cup grated carrot
1/2 tsp. salt
1/8 tsp. pepper
1/2 tsp. parsley

Mix all ingredients and spoon in a loaf pan. Bake at 350°F for 35 to 40 minutes until edges are firm and brown. Let stand 10 minutes.

BARBECUED CHICKEN

Kathy McLean

3 lb. chicken (breasts, thighs, drumsticks)
1/4 cup salad oil
1/2 cup chopped onion
1/4 cup chopped celery
1/2 cup ketchup
1/3 cup water
2 Tbsp. lemon juice
1 Tbsp. Worcestershire sauce
1 Tbsp. brown sugar
1 Tbsp. vinegar
1 Tbsp. prepared mustard

Brown chicken in skillet in oil. Place in 12x7 1/2x2 inch baking dish. To skillet, add onion and celery; cook until tender. Add ketchup, water and remaining ingredients. Season. Simmer 15 minutes. Skim off excess fat. Pour sauce over chicken. Bake uncovered at 325°F for 1 1/4 hours, basting three or four times.

BROILED CHICKEN BREAST WITH WHITE WINE, LEMON PEEL & OREGANO

Beverly Dunnett

1/2 cup butter
1/4 cup dry white wine
1 tsp. salt
1/2 tsp. oregano leaves
1/4 tsp. white pepper
1/2 tsp. finely slivered lemon peel
4 large whole chicken breasts, halved

Preheat broiler. In small saucepan over low heat, heat butter until melted. Stir in wine, salt, oregano, pepper and lemon peel. Remove from heat. Place chicken, skin side down, on large broiler pan. Brush with butter mixture. Broil 20 minutes. Turn chicken. Brush with butter mixture. Broil 15 to 20 minutes more, until chicken is fork tender, brushing with more butter mixture.

MARLENE'S ORIGINAL BAR-B-Q CHICKEN *Marlene Lupal*

4 to 6 large chicken legs or breasts
Real Lemon juice
Rosemary
Pepper

Rinse chicken pieces in cold water. Brush generously both sides of chicken with Real Lemon juice. Sprinkle each side with rosemary and pepper to taste. Wrap each piece tightly in foil. Place individually wrapped pieces on a gas barbecue at high for 1 hour, 15 minutes. Serves 4 to 6.

JAPANESE CHICKEN WINGS *Mrs. J. Hamilton*

3 lb. chicken wings
1 beaten egg
1 cup flour
1 cup butter
Sauce:
3 Tbsp. soya sauce
3 Tbsp. water
1 cup white sugar
1/2 cup vinegar
1 tsp. Accent
1/2 tsp. salt

Cut wings in half. Dip in slightly beaten egg and then in flour. Fry in butter until deep brown and crisp. Put in shallow roasting pan. Pour sauce over wings. Bake at 350°F for 1/2 hour. Spoon sauce over wings during cooking. Warm up if any is left over.

GRAN'S CHICKEN WINGS IN BARBECUE SAUCE *Aaron Nesbitt*

12 fresh or frozen wings, tips removed
2 tsp. oil
1/2 cup diced onion
1 clove garlic
1 cup diced celery
1/2 cup diced green pepper
3/4 cup water
1 cup barbecue sauce
2 Tbsp. vinegar
2 Tbsp. Worcestershire sauce
2 Tbsp. brown sugar
1 tsp. dry mustard
1 tsp. salt
1/4 tsp. pepper

Heat oil in pan. Brown wings a few at a time, until golden brown. Remove from pan. Add garlic and onion. Fry until clear. Return wings to pan and combine remaining ingredients. Bring to a boil; simmer 10 minutes, covered. Pour into casserole and bake at 350°F for 1 hour or until chicken is tender. Serve with fluffy rice and green beans. Enjoy! Serves four.

CURRIED CHICKEN TEMPURA

Jean Pawlek

Lumpy Chicken

2 dozen chicken wing stubs
1/2 egg
10 Tbsp. water
6 Tbsp. cornstarch
6 Tbsp. regular all-purpose flour
1 tsp. salt
2 tsp. sugar
2 tsp. curry powder
About 2 qt. salad oil for deep frying

Pat excess moisture from wings with paper towels. For the batter, break 1 egg into a measuring cup and beat with a fork. Pour half into a small bowl; add water, cornstarch, flour, salt, sugar and curry powder. Mix just until well blended. Set the bowl inside a bowl of cracker ice.

Heat the salad oil (about 1 1/2 inches deep) in the pan to a temperature between 350°F and 355°F if possible. Use a deep fat frying thermometer. Hold each chicken wing by the bone and dip into the batter. Drain briefly, then put into the hot fat. Cook until golden brown, turning several times (takes about 2 to 3 minutes). Lift out with a slotted spoon and drain briefly. Skim off any drops of batter that form in the fat so they won't burn and flavour the oil. Makes about 4 servings.

CHICKEN KIEV

Wendy Steele

3 whole chicken breasts, boned, skinned, split and pounded to .5 centimetre (1/8 inch) thick (6 pieces)
75 mL (1/3 cup) butter, softened
2 mL (1/2 tsp.) pepper
5 mL (1 tsp.) garlic powder
125 mL (1/2 cup) flour, seasoned with salt and pepper
1 egg, slightly beaten
25 mL (2 Tbsp.) water
125 mL (1/2 cup) fine dry bread crumbs
Oil for deep frying

Combine butter, pepper and garlic. Spread into rectangle on a piece of foil; freeze until firm. Cut butter into six equal pieces. Place one piece of butter on each chicken breast. Fold in ends and roll to encase the butter completely. Secure with skewers or toothpicks. Beat egg with water. Coat the chicken with seasoned flour; dip in egg mixture, then coat with bread crumbs. Chill 30 minutes. Deep fry at 350°F (180°C) about 10 minutes or until golden brown. Garnish with lemon twists and parsley.

CHICKEN GOULASH

Susan Legere

6 chicken breasts, cut up and deboned
1 small onion, chopped fine
6 stalks celery, cut up
1 pkg. Lipton onion soup mix
2 Tbsp. soya sauce
2 cups water
1 can mushroom soup
1 cup frozen peas

Saute first three ingredients in 2 tablespoons butter; add remaining ingredients. Simmer 30 minutes. Prepare 4 cups rice. Serve chicken over rice. Add slivered almonds on top.

SAVORY CRESCENT CHICKEN SQUARES

Mrs. Cathy Tennant

1 (125 g) pkg. cream cheese, softened
2 Tbsp. butter
2 cups chicken, chopped
1/4 tsp. salt
1/8 tsp. pepper
2 Tbsp. milk
1 Tbsp. chopped onion
1 pkg. Pillsbury crescent dinner rolls
1 Tbsp. butter, melted
1/2 cup croutons, crushed

Heat oven to 350°F. In medium bowl, blend cream cheese and butter until smooth. Add chicken, salt, pepper, milk, onion and mix well. Separate crescent rolls into four rectangles; firmly press perforations to seal. Spoon 1/2 cup meat mixture into centre of each rectangle. Pull 4 corners of dough to top of mixture; twist slightly and seal edges. Brush top with melted butter and sprinkle with crouton crumbs. Bake on ungreased sheet, 20 to 25 minutes. Makes 4.

CHICKEN ROLL-UPS

Debra Vergara

1/4 cup butter
2 cloves garlic, minced
1/3 cup dry bread crumbs
2 Tbsp. Parmesan cheese
2 Tbsp. parsley
6 to 8 pieces boneless chicken breast
6 to 8 pieces Black Forest ham
6 to 8 slices Swiss cheese

Pound each chicken breast to 1/4 inch thick (approximately 3x6 1/2 inches). Place one slice of cheese and one slice of ham on each breast. Roll up and secure with toothpick. In pan, combine butter and garlic until melted. In bowl, combine crumbs, Parmesan cheese and parsley. Dip rolls in butter, then crumb mix. Place in baking dish, seam side down. Drizzle with remaining butter. Bake at 350°F for 40 to 45 minutes.

CHICKEN PAPRIKA

Nadine Schmidt

1 onion, chopped
1 Tbsp. vegetable oil
1 Tbsp. paprika
1 tsp. black pepper
2 Tbsp. salt
4 to 5 lb. chicken parts
1 1/2 cups water
1/2 pt. sour cream
Dumplings:
3 eggs, beaten
3 cups flour
1 Tbsp. salt
1/2 cup water

Brown onion in oil; add seasonings and chicken. Brown 10 minutes. Add water, cover and let simmer slowly until tender. Remove chicken. Add sour cream to drippings in pan and mix well. Add dumplings, arrange chicken on top. Heat through and serve. For more gravy, add 1/2 pint sweet cream to sour cream.

Dumplings: Mix all ingredients together; beat with a spoon. Drop batter by tablespoonful into boiling salted water. Cook about 10 minutes. Drain; rinse with cold water. Drain well and add to paprikas.

CHICKEN PAPRIKA

Carol Loreto

1/4 cup butter or margarine
2 Tbsp. salad oil
2 (2 1/2 to 3 lb.) broiler fryer chickens, cut in pieces
1/2 cup sliced onions
1/2 cup sliced carrots
1/2 cup sliced celery
2 Tbsp. paprika
3 Tbsp. flour
1 Tbsp. catsup
1 1/2 tsp. salt
1/4 tsp. pepper
1 3/4 cups canned clear chicken broth
1/2 cup dairy sour cream

Heat about half of the butter and salad oil in Dutch oven or large heavy skillet. Brown chicken, a few pieces at a time, until golden on all sides. Add more butter and oil as needed. Remove chicken as it browns. In Dutch oven, saute onion, carrot and celery 5 minutes. Add paprika, cook 1 minute. Remove from heat. Stir in flour, catsup, salt and pepper. Gradually add chicken broth; bring to boiling point, stirring. Reduce heat, simmer covered 10 minutes. Add chicken and simmer 35 to 40 minutes or until chicken is tender.

Remove chicken and vegetables to heated platter. Stir sour cream into sauce; heat gently, stirring. Do not boil. Pour some of sauce over chicken; pass rest in a bowl. Makes 6 to 8 servings.

CHICKEN PAPRIKASH & DUMPLINGS

Debbie Pooler

1/2 cup oil
3 onions, chopped
1/2 cup carrots
1/4 tsp. cayenne pepper
4 tsp. paprika
1/4 tsp. garlic powder
Salt and pepper
1 (19 oz.) can tomatoes
1 cup cream
1 Tbsp. flour

Dumplings:

4 eggs
1/4 cup water
1 tsp. baking powder
1 tsp. salt
2 cups flour

Fry onions and chicken until chicken is golden brown, 15 minutes. Add rest of ingredients. Add 3 cups water. Put in large roasting pot in oven for approximately 1 1/2 hours at 350°F.

Dumplings: Beat eggs well. Add rest of ingredients. Batter should be very stiff. Drop 1/4 teaspoon into boiling water. Boil 3 minutes. Drain. Season with salt and butter.

CHICKEN MILANO

Lynne Reed

1 cup long grain rice
2 whole chicken breasts, skinned and boned
2 Tbsp. margarine
1 medium onion, sliced
1 small garlic clove, minced
1 (10 3/4 oz.) can tomato soup
1 (4 oz.) jar mushrooms (I use fresh)
2 medium zucchini, (1 1/4 lb.), sliced
1/2 tsp. basil
1/8 tsp. crushed red pepper

For 1 cup rice, use 1/3 cup rice, 2/3 cup water and 1/4 teaspoon salt. Heat rice, water and salt to boiling, stirring once or twice. Reduce heat. Cover and simmer 14 minutes. Remove from heat. Fluff lightly with fork and let steam 5 to 10 minutes.

Cut chicken into 1 1/2 inch chunks. Over medium heat in hot margarine cook onion and garlic until onion is tender, stirring occasionally. Add chicken chunks; cook until chicken is lightly brown. Stir in undiluted soup and remaining ingredients. Over high heat, heat to boiling. Reduce heat to low. Cover; simmer 20 minutes, stirring occasionally. To serve, spoon over rice in deep platter.

EASY CHICKEN TETRAZZINI

Mrs. Debbie Lemmon

2 Tbsp. butter or margarine
1 medium onion, chopped
1 clove garlic, minced
4 chicken breasts or legs
1 (10 oz.) can cream of mushroom soup
1/2 cup milk
1 Tbsp. chopped parsley
1/2 lb. spaghettini or linguine
1/4 cup grated Parmesan cheese

Saute onion and garlic in butter until tender. Add chicken and brown on both sides. Stir in mushroom soup, milk and parsley. Simmer, covered, for 30 minutes. Meanwhile, cook pasta (only minimum time indicated on package directions). Drain and put into a baking dish. Arrange chicken pieces on top. Cover with sauce and sprinkle with Parmesan. Bake at 400°F for about 20 minutes. Makes 4 servings.

COQ AU VIN

Anne Heddle

Chicken Recipe from Rural France

4 lb. boned chicken breasts
7 slices cut up bacon
1 to 2 cloves garlic, minced
1/2 cup chopped onions
2 to 4 chopped "green" onions
20 to 30 small mushrooms
1/4 tsp. marjoram
1/4 tsp. rosemary
1/4 tsp. oregano
3 Tbsp. flour
1 1/2 cups chicken broth
1 cup red wine
2 very large or 4 small carrots, julienned

Chicken lovers can't believe that chicken can taste so good and different.

Cook bacon to crispy state. Remove from pan and drain. Using fat they have generated, brown the chicken all over to a golden brown. Lift out chicken and remove all fat except for 3 tablespoons. In the remaining fat, saute all of the onions with the garlic. When the onion is transparent, it is cooked, which is time to add the mushrooms. Mix together gently and cook for 10 minutes. Sprinkle flour evenly over the above and turn slowly in order for the flour to absorb. Make sure all the flour is absorbed and allow to cook for 5 minutes. Now add broth and wine. The sauce will form. Now add the chicken and bacon pieces and simmer for 20 minutes. While dish is cooking, julienne the carrots. Add carrots after the 20 minutes and simmer for 20 more minutes. Serve with mashed potatoes or rice and a tossed salad. Serves 4 to 6 people.

HAWAIIAN CHICKEN

Brenda Marsden

2/3 cup brown sugar
2 Tbsp. cornstarch
2 tsp. dry mustard
2/3 cup vinegar
1 cup undrained pineapple
1/2 cup ketchup
1/2 cup water
1/4 cup chopped onion
2 Tbsp. soya sauce

Cook chicken at 400°F for 20 minutes; drain grease. Mix all the above ingredients. Pour 1/2 over chicken and cook at 400°F for 25 minutes. Reduce heat to 350°F, add remaining 1/2 sauce and cook 45 minutes.

DEEP DISH CHICKEN WITH DUMPLINGS

Marilyn Maude

2 Tbsp. margarine
2 cups thinly sliced carrots
2 cups thinly sliced mushrooms
1 cup diced onion
1 cup diced celery
2 Tbsp. plus 2 tsp. all-purpose flour
3 pkg. instant chicken broth and seasoning mix
2 cups water
16 oz. skinned and boned cooked chicken, diced
1/4 tsp. poultry seasoning
1/4 tsp. pepper
1 pkg. Pillsbury buttermilk flaky biscuits

Preheat oven to 350°F. Spray a 2-quart casserole with non-stick cooking spray. In 1-quart saucepan, heat margarine until bubbly and hot. Add vegetables, stirring to coat with margarine. Cover pan and cook over medium heat until vegetables are tender. Sprinkle vegetables with flour and broth mix and stir quickly to combine. Cook uncovered for 1 minute. Gradually stir in water. Stirring constantly, bring to a boil. Reduce heat and cook, stirring, until mixture thickens. Add chicken and seasonings; stir to combine. Pour mixture into 2-quart casserole and top with buttermilk biscuits. Heat until thoroughly heated and "dumplings" are browned, 10 to 15 minutes. Serves 4 to 5 people.

Skipping classes will make the teacher hopping mad.

CHICKEN THIGHS WITH RICE DRESSING

Joan Biley

1 cup cooked rice
2 crusts bread, broken up
1/8 cup chopped onion
Salt, pepper and sage to taste
6 chicken thighs

Combine rice, bread, onion and seasonings. Arrange in 8-inch square baking dish. Place chicken thighs, skin side up, on top of rice. Cover with aluminum foil and bake at 325°F for 1 1/4 hours. Serves 3 to 4.

CHICKEN CRISPY

Deanna Hannabuss

1/2 cup butter or margarine
1 pkg. potato chips
2 cups Corn Flakes
1/4 tsp. garlic powder or less
Dash of pepper and salt
3 lb. chicken legs and breasts

Preheat oven to 350°F. Crush potato chips and Corn Flakes. Melt butter; add garlic powder, pepper and salt. Remove skin from chicken. Dip in melted butter; roll in chips. Place chicken on jelly roll pan. Pour rest of butter and crumbs over top. Bake 1 hour. Do not turn. Good for picnics, large crowds, or next day.

GERMAN CABBAGE ROLLS

Family of Tony Kranjcec

1 lb. lean ground beef
2/3 cup long grain rice
1/2 cooking onion, diced
4 large cabbage leaves, blanched
Garlic, salt and pepper to taste
Etocondimat (from German store, i.e. Denningers)
10 plum tomatoes
3 cups tomato juice
1/2 head parsley, chopped
1/4 lb. butter
1 egg

Cook rice. Mix beef, rice, onions and seasonings. Divide meat mixture into four parts and roll one part in each cabbage leaf. Tuck in edges to make bundle. Saute cabbage rolls in butter, then place in a suitably sized roaster. Puree plum tomatoes and mix with tomato juice. Add chopped parsley and season to taste. Pour mixture over rolls. Cover pan and roast at 300°F for 1 hour. Reduce heat to 250°F and continue cooking 1 hour longer. Makes 4 rolls.

FIVE HOUR STEW

Nadine Schmidt

2 lb. stew veal
2 medium onions, sliced
6 carrots, 3/4 inch slices
1 cup celery, 1/2 inch slices
4 to 5 medium potatoes, 1 inch cubes
1/2 green pepper, cut in rings
1 (16 oz.) tin tomato juice
1/4 tsp. pepper
3 tsp. tapioca, optional
1 slice bread

Combine above ingredients in 9x13 inch oven pan. Lay bread on top and cover. Bake at 250°F for 5 hours. Serves 6 to 8.

SECOND TIME AROUND

Margaret Lewis

1 (8 oz.) pkg. medium noodles
2 Tbsp. butter or margarine
1/2 cup chopped celery
1 (4 oz.) can sliced mushrooms
1 envelope onion soup mix
1 pt. sour cream
1/2 cup milk
1/2 cup light cream
2 cups turkey meat, cut in cubes
2 Tbsp. grated cheese

Cook noodles according to package directions; drain. In small frying pan, melt butter. Saute celery and mushrooms 5 minutes. Stir package of onion soup into sour cream. Beat with rotary beater, then stir in milk and light cream. In large bowl, combine cooked noodles, celery, mushrooms and turkey. Stir in onion soup-sour cream sauce and turn into 2-quart casserole. Sprinkle with cheese. Cover and bake in 350°F for 30 minutes. This makes a large casserole. Serves 8 to 10.

WESTERN MACARONI

Melody Genier

1 lb. hamburger
1 onion, chopped
1/2 green pepper, chopped
2 celery stalks, chopped
1 can mushrooms, drained
2 cans tomato soup
1 blop of ketchup
1 (28 oz.) can tomatoes, chopped
1/2 can cheddar cheese soup OR 1 cup grated cheese
Salt, pepper and garlic salt to taste

Brown and drain hamburger. Add onion, green pepper, celery and mushrooms. Simmer until soft. Add remaining ingredients and simmer 1/2 hour. Boil macaroni, drain and add to burger mixture. Bake at 350°F for 1/2 hour.

SPANISH RICE WITH BEEF

Sandra Stokes

4 slices bacon, cut up
1 cup finely chopped onions
1/2 cup finely chopped green pepper
1 clove garlic, minced
1 lb. ground beef
1 cup uncooked converted rice
20 oz. can tomatoes
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 cup grated cheddar cheese

Heat oven to 350°F. Fry bacon in heavy skillet until crisp. Lift out bacon pieces with a slotted spoon and put into 2-quart casserole. Swish them around to grease bottom and sides of dish. Cook onion, green pepper and garlic gently in the bacon fat left in the skillet until onion is yellow. Add meat and rice; cook and stir until meat is lightly brown. Stir in tomatoes, salt and pepper. Pour into casserole. Sprinkle with cheese. Cover with lid. Bake 1 hour. Take cover off and bake for at least 15 minutes more.

CHINA STYLE TENDERLOIN AND NOODLES

Marie Siciliano

1 medium size pkg. egg noodles
1 pkg. pork tenderloin
5 spring onions
4 celery stalks
1 green pepper
1 Chinese cabbage (Napa or bok choy)
Fresh mushrooms
Fresh bean sprouts
1/2 cup soya sauce
2 Tbsp. wine vinegar
1 1/2 tsp. white sugar
4 Tbsp. cornstarch
1 garlic clove
2 pkg. chicken bouillon

Trim fat from pork; cut into strips. Marinate pork 3 to 4 hours in soya sauce, wine vinegar, sugar, cornstarch and garlic. Stir-fry chopped onions, celery, green pepper and mushrooms in oil for 3 minutes, then add chopped cabbage and bean sprouts. Stir-fry marinated meat in oil in a separate fry pan for 5 minutes. Save drained juice and add chicken bouillon packages and 1 1/2 cups water. Stir well. When meat is cooked, add meat and juice to vegetables. Cover and simmer 5 minutes. Serve over cooked noodles.

MANICOTTI WITH MEAT FILLING

Donna Gall

18 manicotti noodles
1 1/2 lb. ground beef
2 Tbsp. vegetable oil
3 slices bread, crumbled
2/3 cup milk
1 egg, beaten
2 cups grated mozzarella cheese
1 Tbsp. chopped parsley
1/2 tsp. salt
Dash of pepper
28 oz. can spaghetti sauce
1/4 cup Parmesan cheese

Boil manicotti until tender. Brown meat in frying pan; drain. Combine bread and milk; allow to stand 2 minutes. Add cooked meat and remaining ingredients except spaghetti sauce and Parmesan cheese. Fill cooked manicotti. Pour 2 cups of spaghetti sauce in bottom of roast pan. Place filled manicotti in pan. Pour remaining spaghetti sauce over manicotti. Sprinkle Parmesan cheese on top. Bake covered in 350°F oven 45 minutes or until thoroughly heated.

SAM'S FAVOURITE LASAGNE

Jean Pawlek

Lasagne alle Samuele

2 Tbsp. olive oil
1/2 cup onions, minced
1 lb. round steak, ground
2 cloves garlic
1/4 tsp. oregano
1 (No. 2) can Italian style tomatoes
1 (8 oz.) can tomato sauce
1/2 cup Parmesan cheese, grated
1 lb. lasagne
3/4 lb. sliced mozzarella cheese
1 lb. ricotta

Saute onions in hot olive oil. Add ground steak and cook until red disappears from meat. Slice garlic, mash with salt. Add to meat with pepper, oregano, parsley, tomatoes, tomato sauce and 2 tablespoons grated cheese. Simmer covered for 1/2 hour. Cook lasagne in salted boiling water until tender. Drain and cover with cold water. Now, into an oblong 12x8x2 inch baking dish, put 1/3 of meat sauce, then a single layer of drained lasagne, placed lengthwise. Leave the remaining lasagne in water. Place a layer of mozzarella cheese, a layer of ricotta; sprinkle with grated cheese. Repeat, ending with remaining sauce and cheese. Bake 45 minutes and serve with more sauce and cheese, if desired. Serves 8. This can be prepared in advance and refrigerated until an hour before popping it in the oven.

OCEAN GARDEN SPAGHETTI

Susie Keyte

Great for summer entertaining, and easy!

1 can tuna, shrimp or crab, all optional
1 large onion, chopped
1 large clove garlic, pressed
2 cups broccoli florets
2 cups fresh mushrooms, sliced
1/4 cup olive oil
2 Tbsp. butter
1/2 tsp. oregano
2 medium zucchini
1 small tomato, cut in eighths
1/2 cup sour cream
1/2 lb. cooked spaghetti
1/2 cup grated Parmesan cheese

Lightly saute onion, garlic, broccoli, mushrooms and oregano in butter. Add zucchini and tomato. Cook until tender; drain. Add seafood (optional); crab is best. Stir in sour cream. Toss with spaghetti, olive oil and Parmesan cheese. Serves 4 adults.

BAKED LASAGNE

Val McKeag

10 to 12 lasagne noodles, cooked
1 lb. minced beef
1 lb. ground pork
1 minced garlic clove
1 Tbsp. parsley
1 Tbsp. basil
1 1/2 tsp. salt
1 (16 oz.) can tomato sauce
2 (6 oz.) cans tomato paste
3 cups cottage cheese
2 beaten eggs
1 tsp. salt
1/2 tsp. pepper
2 Tbsp. parsley
1/2 cup Parmesan cheese
1 1/2 lb. mozzarella, grated

Brown meat with garlic in large skillet. Add parsley, basil, salt, tomato sauce and tomato paste. Simmer for about 20 minutes on low. In a separate bowl, mix cottage cheese, eggs, salt, pepper, parsley and Parmesan cheese together; refrigerate. In a 9x13 inch pan or dish, place 1/2 lasagne noodles, covering bottom and sides. Add 1/2 of the meat mix. Add 1/2 cottage cheese mix. Drizzle 1/2 the mozzarella over top. Repeat the layers with the remaining halves in the same order, topping with the cheese. Make sure your layers are evenly spread out. Place dish in preheated 400°F oven until cheese turns slightly brown around edges. I make it the day before to save time; reheat at 250°F for 1 hour, 300°F for last 15 minutes.

Character development is the true aim of education.

SPAGHETTI WITH MEAT SAUCE

Jean Pawlek

Spaghetti con Salsa Eleanora

Sauce:
1 lb. ground round steak
3 Tbsp. olive oil
1 (6 oz.) can tomato paste
1 bay leaf
1/2 tsp. fennel seed
1 Tbsp. sugar
1 onion, minced
1 clove garlic
3 cups water
1/2 tsp. oregano
Salt and pepper
Parmesan cheese, grated

Brown onion, garlic and meat in hot olive oil. Remove garlic. Add tomato paste, water, bay leaf and other seasonings. Simmer 1 hour. Pour this sauce over your favourite cut spaghetti. Sprinkle with Parmesan cheese.

CHEDDAR TOMATO OVEN OMELET

Mrs. Heike Kranjcec

8 slices side bacon, chopped
1/4 cup sliced green onions
3/4 cup seeded diced tomatoes
1 Tbsp. flour
1/2 tsp. salt
6 eggs
1 cup milk
1 1/4 cups shredded Canadian cheddar, Swiss or Gouda cheese, divided
1 Tbsp. grated Parmesan cheese

Cook bacon until crisp. Drain, reserving 1 tablespoon drippings. Set bacon aside. Saute onions in reserved drippings until tender. Add tomatoes to pan. Sprinkle flour and salt over vegetables; toss lightly to coat. Beat together eggs and milk. Add vegetable mixture, 1 cup of the cheddar cheese and cooked bacon. Pour into shallow greased 2-quart baking dish. Sprinkle with Parmesan cheese. Remove from oven. Sprinkle remaining 1/4 cup cheddar cheese over top of omelet. Let stand 5 minutes. Makes 4 servings.

CROCK POT CHILI

K. Chivers

2 (1 lb.) cans pinto or kidney beans
2 (1 lb.) cans tomatoes
2 lb. browned ground beef
2 medium onions, coarsely chopped
1 green pepper, coarsely chopped
2 cloves garlic, crushed
2 to 3 Tbsp. chili powder
1 tsp. pepper
1 tsp. ground cumin
Salt

Drain beans well. Put all ingredients into crock pot in order listed. Stir once. Cover and cook on Low for 10 to 12 hours, or on High for 5 to 6 hours.

HUNGARIAN GULYAS

Nadine Schmidt

1 1/2 to 2 lb. stew veal
2 Tbsp. vegetable oil
1 large onion
4 carrots
4 celery stalks
6 medium potatoes
1/4 tsp. paprika
Onion powder
Salt and pepper to taste
Not more than 2 qt. water

Cut meat into squares. Saute onion in oil. Add paprika, stir well. Add meat, salt and 1/4 cup of water. Cook slowly for 1 hour. Add all washed and diced vegetables except potatoes. Add another cup of water and cook slowly for 1/2 hour. Add potatoes; continue cooking for 15 minutes or until potatoes are done.

MOM'S MAKE & BAKE

Rhonda Weston

1/2 cup all-purpose flour
1 tsp. cornstarch
1 1/2 tsp. each onion powder and garlic powder
1 1/4 tsp. salt
1 tsp. sugar
5 tsp. vegetable oil
1 3/4 tsp. poultry spice or sage
1 tsp. paprika
1 cup fine dry bread crumbs

Mix together in bowl as you would pastry, with your fingertips. Keep in a plastic bag in the freezer. Use on chicken pieces, fish fillets, pork or veal. Dip portions of meat or fish in water. Shake in mix and place on baking sheet lined with foil. Cook chicken and meat at 400°F for 30 minutes or until done; cook fish just until it flakes. Return unused coating to freezer.

PYROHY WITH POTATO FILLING

Carol Loreto

2 1/4 cups all-purpose flour
1 egg, well beaten
2 Tbsp. melted butter
1/2 tsp. salt
2/3 cup warm milk

Potato Filling:
3 large potatoes
2 Tbsp. finely chopped onion
1/2 to 1 tsp. salt
1/2 cup grated cheddar cheese
1/2 cup dry cottage cheese

Mix together flour and salt. Combine egg, milk and melted butter. Add liquid to flour. Beat well. Knead on floured board until dough is smooth and elastic. Cover and leave in a warm spot for 2 hours. Roll out to 1/8 to 1/4 inch thickness. Cut into circles, 2 to 3 inches in diameter. Place a spoonful of filling on each circle. Fold in half and pinch edges together to form a ridge. Drop into a large pot of salted boiling water; boil for 8 to 10 minutes. Drain. Serve hot with melted butter and sour cream. Makes 6 servings.

Potato Filling: Boil potatoes; drain and mash. Add salt to taste, onion and cheeses. Mix well; allow to cool.

EXTRA RECIPES

Breads

BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Quick Breads		
Biscuits	425° - 450°	10 - 15
Cream Puffs	450° then reduce to 350°	20-30, then 15-20
Popovers	450° then reduce to 350°	20-30, then 15-20
Muffins	400°	20 - 25
Loaves	350°	60 - 70
Coffee Cakes	350° - 375°	25 - 45
Yeast Breads		
Plain loaves	375° - 400°	30 - 45
Plain rolls	375° - 400°	10 - 20
Sweet rolls	375°	20 - 30

CONVERSION OF PAN AND UTENSIL SIZES TO METRIC MEASUREMENTS

Utensil	Metric Volume	Metric Measure in Centimetres	Closest Size in Inches or Volume
Baking or cake pan	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
Cookie sheet		40x30	16x12
Jelly roll pan	2 L	40x25x2	15x10x¾
Loaf pan	1.5 L	20x10x7	8x4x3
	2 L	23x13x7	9x5x3
Round layer cake pan	1.2 L	20x4	8x1½
	1.5 L	23x4	9x1½
Pie Pan	750 mL	20x3	8x1¼
	1 L	23x3	9x1¼
Tube pan	2 L	20x7	8x3
	3 L	23x10	9x4
Spring form pan	2.5 L	23x6	9x3
	3 L	25x8	10x4
Baking dish	1 L		1 qt.
	1.5 L		1½ qt.
	2 L		2 qt.
	2.5 L		2½ qt.
	3 L		3 qt.
	4 L		4 qt.
Custard cup	200 mL		6 fl. oz.
Muffin pans	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1¼
	100 mL	7.5x3.5	3x1½
Mixing bowls	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.

BREADS

BANANA BREAD

Debbie Hall

1/2 cup butter or shortening
1 1/4 cups all-purpose flour
1/2 cup white sugar
1/2 cup brown sugar
2 tsp. baking powder
2 eggs, well beaten
1/4 tsp. salt
4 Tbsp. sour milk
1 tsp. vanilla
1 tsp. baking soda
1 cup mashed bananas (approx. 3)

Cream butter or shortening, sugar and well beaten eggs. Add bananas and vanilla. Beat well. Dissolve baking soda in milk. Mix flour, baking powder and salt. Add to banana mixture and stir to blend. Add milk mixture and stir to blend. Bake in loaf pan at 350°F for approximately 1 hour, or until done to the touch.

BANANA NUT LOAF

Carol Christie

1 1/2 cups flour
2 tsp. baking powder
1/4 tsp. baking soda
1 tsp. salt
1/4 cup sugar
1/2 cup chopped walnuts
2 eggs, beaten
1/3 cup corn syrup
1 cup mashed ripe banana

Stir dry ingredients together in a large bowl. Stir in nuts. Mix remaining ingredients together in another bowl. Make a well in the centre of the dry ingredients. Pour in liquid and stir only until flour is moistened. Spoon into greased 8 1/2x4 1/2x2 1/2 inch loaf pan. Bake at 350°F for 55 to 60 minutes. Store 6 hours or overnight before cutting.

BANANA LOAF

Cindy Horvat

1/2 cup margarine
1 cup sugar
1 egg
3 large bananas, mashed
1 1/2 cups flour
1/2 tsp. baking soda
1/2 tsp. baking powder
1 tsp. salt

Mix margarine, sugar and egg. Then mix the rest of the ingredients. Keep stirring as you mix them. Grease a loaf pan. Put batter in. Cook in oven approximately 40 minutes at 350°F or until lightly brown. Test like you would a cake.

BANANA NUT BREAD

Kathy McLean

1/3 cup shortening
1/2 cup sugar
2 eggs
1 3/4 cup all-purpose flour
1 tsp. baking powder
1/2 tsp. salt
1 cup mashed ripe banana
1/2 cup chopped walnuts

Cream together shortening and sugar; add eggs and beat well. Sift together dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour into well greased 9x5x3 inch loaf pan. Bake in 350°F oven 45 to 50 minutes or until done. Remove from pan; cool on rack. Wrap and store overnight.

FRUIT LOAF

Nan Hunter

2 cups self-raising flour
1 cup fruit (currants, raisins or dates)
1 cup milk
1 cup sugar
1/4 cup margarine
1 egg

Put fruit, milk, sugar and margarine in pan and bring to boil. Lay aside or put in fridge to cool. Then add flour and egg. Mix well and turn into a lined loaf pan. Bake at 350°F for 1 to 1 1/2 hours.

LEMON BREAD

Cindy Campbell

1/2 cup shortening
1 cup white sugar
2 eggs
1 1/2 cups flour
1 tsp. baking powder
1/2 tsp. salt
1/2 cup milk
1 lemon (grated peel)
Topping:
1/4 cup sugar
Juice from 1 lemon

Cream shortening and sugar in bowl. Add eggs. Add sifted flour, baking powder and salt to mixture. Stir in milk and peel. Bake in a 5x9 inch loaf pan at 350°F for 1 hour or until toothpick comes out clean. Pour topping over loaf while still hot. Cool and wrap. Will keep fresh one week if kept wrapped.

NUTTY ORANGE MARMALADE BREAD

Nadine Schmidt

2 cups flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/2 tsp. baking soda
1 egg
1/3 cup skim milk
2 Tbsp. melted margarine
8 Tbsp. sugar
1/2 cup marmalade
1/4 cup chopped nuts

Combine flour, baking powder, salt and baking soda in bowl. Combine milk, egg, margarine and sugar; add to flour mixture. Stir until flour is moistened. Fold in marmalade and nuts. Mix as little as possible. Spoon into lightly greased loaf pan. Bake at 350°F for 1 hour.

PUMPKIN BREAD

Bette Van Es

4 eggs
3 cups white sugar
1/3 cup water
1 cup oil or melted shortening
1 (16 oz.) can pumpkin
3 1/2 cups all-purpose flour
2 tsp. baking soda
1 tsp. cinnamon
1 1/2 tsp. salt
3/4 tsp. nutmeg
1/4 tsp. ginger
1/8 tsp. cloves

Preheat oven to 350°F. Lightly beat the eggs and then add the sugar, water, oil and pumpkin. In a separate bowl, combine the remaining ingredients. Add this to the egg mixture. If desired, you can add 1 cup of chopped nuts. Bake 1 hour. This will fill three loaf pans.

ORANGE RAISIN BREAD

Virginia Stranaghan

1 large orange, unpeeled
3/4 cup water or orange juice
1 egg
1/4 cup vegetable oil
2 cups flour
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
3/4 cup lightly packed brown sugar
3/4 cup raisins
1/2 cup chopped nuts

Cut orange into pieces and combine in blender with water or juice (juice makes a nicer loaf) until smooth. Add egg and oil; blend a few seconds. Combine remaining ingredients in large bowl. Add orange mixture and stir just until blended. Pour into greased loaf pan and bake at 350°F for 50 to 60 minutes.

LEMON BREAD

Judy Potter

6 Tbsp. margarine
1 cup granulated sugar
2 eggs
1 1/2 cups all-purpose flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/2 cup milk
2 Tbsp. lemon juice

Mix above ingredients. Put in 5x7 inch loaf pan and bake at 350°F for 1 hour. When baked, moisten 2 teaspoons sugar with some lemon juice. Spread over loaf. Put under broiler for 1 minute.

CHOCOLATE ZUCCHINI BREAD

Deanna Hannabuss

3 cups flour
1 1/4 tsp. baking powder
1 1/4 tsp. baking soda
1 tsp. salt
1/4 tsp. cinnamon
4 eggs
2 cups sugar
1 1/4 cups oil
3 oz. melted chocolate or 9 Tbsp. cocoa
2 cups grated zucchini
1 cup walnuts

Sift flour, baking powder, soda, salt, cinnamon and cocoa together. If using melted chocolate, add to oil. Mix eggs, sugar, oil, zucchini, vanilla and nuts. Add dry ingredients to egg mixture and mix until blended. Do not beat. Grease two loaf pans. Pour in batter and bake at 350°F for 60 to 75 minutes. Cool 5 minutes; remove from pan. Freezes well.

ZUCCHINI BREAD

Diane McKune

3 eggs
2 cups white sugar
1 cup oil
2 tsp. vanilla
2 cups peeled and grated zucchini
2 cups flour
1 tsp. salt
2 tsp. cinnamon
1 tsp. baking soda
1/2 tsp. baking powder
1/2 cup nuts, optional

Grease and flour two bread pans. Mix above ingredients together and spoon into pans. Bake 1 to 1 1/2 hours in 325°F oven.

Grandparent: something so simple a child can operate it.

BANANA COFFEE BREAD

Linda Dalgleish

1/2 cup shortening
1 cup sugar
2 eggs
3/4 cup mashed ripe banana
1 1/4 cups sifted flour
3/4 tsp. soda
1/2 tsp. salt
1 cup diced walnuts, if desired

Cream shortening and sugar until fluffy. Add eggs, one at a time, beating well after each. Stir in banana. Sift together dry ingredients; add to banana mixture. Mix well. Pour into greased 9x9x2 inch pan. Bake at 350°F for 30 to 35 minutes.

UKRAINIAN COFFEE CAKE

Deanna Hannabuss

3/4 cup butter
1 1/2 cups white sugar
3 eggs
1 1/2 cups sour cream
1 1/2 tsp. baking soda
1 tsp. baking powder
2 1/4 cups flour
Filling:
1/2 cup brown sugar
1 tsp. cinnamon
1/2 cup chopped walnuts

Blend first four ingredients; then add dry ingredients. Mix together filling ingredients. Greased angel food pan or 13x9 inch pan. Pour 1/2 batter into pan, pour 1/2 filling over batter. Pour rest of batter, then rest of filling. Bake at 350°F for 45 to 60 minutes.

APPLESAUCE MUFFINS

Tracy Gouchie

1 3/4 cups applesauce
3 cups flour
4 eggs
1 Tbsp. cinnamon
2 cups sugar
1 1/2 cups vegetable oil
2 tsp. baking powder
2 tsp. baking soda
1 tsp. salt

In a large bowl, mix flour, cinnamon, sugar, baking powder, baking soda and salt. In another bowl, mix applesauce, eggs and vegetable oil. Then mix all ingredients together. Spoon into greased muffin tin. Preheat oven to 325°F. Bake for 15 minutes. Makes 12 large muffins. Ymmmmm good!

CHOCOLATE CHIP MUFFINS

Mrs. Debbie Lemmon

1 1/2 cups all-purpose flour
1/2 cup white sugar
3 tsp. baking powder
1/4 tsp. salt
1 cup milk
1/3 cup melted butter
1 cup chocolate chips

Mix dry ingredients and add chocolate chips. Combine egg, milk and butter; stir into flour mixture. Do not beat. Bake at 375°F for 20 minutes. If you wish, drizzle few melted chocolate chips over the tops when muffins are slightly cooled.

CORNMEAL MUFFINS

Virginia Stranaghan

1 cup flour
2 1/2 tsp. baking powder
1/3 tsp. salt
1/4 tsp. baking soda
1/2 cup cornmeal
1/4 cup butter
1/4 cup white sugar
1 egg yolk
3/4 cup cold milk
1 egg white
1/4 cup molasses, honey or white sugar, optional

Beat egg white; add flour, baking powder, salt and baking soda. Cream butter and cornmeal, sugar and egg yolk together; add honey. Add milk last. Bake at 400°F for 15 minutes.

PLAIN MUFFINS

Joanne Mahy

2 cups all-purpose flour
1/2 tsp. salt
3 tsp. baking powder
3 Tbsp. sugar
1 egg
1 cup milk
3 Tbsp. melted butter

Sift flour; measure and resift three times with next three ingredients, the last time into a mixing bowl. Beat egg thoroughly; add milk and melted butter. Pour into a "well" in the dry ingredients. Stir quickly until the dry ingredients are just dampened. Then give four or five more stirs. Batter should be smooth. Spoon batter quickly into buttered muffin pans, filling about 2/3 full. Bake in a moderately hot oven (425°F) 20 minutes or until golden brown. Serve immediately. Makes 12 medium-size muffins.

PUMPKIN MUFFINS

Jean Pawlek

4 eggs
2 cups white sugar
1 1/2 cups oil
1 3/4 cups (small can) pumpkin
3 cups all-purpose flour
1 Tbsp. cinnamon
2 tsp. baking powder
2 tsp. baking soda
1 tsp. salt
2 cups raisins

Beat eggs slightly. Add sugar, oil and pumpkin; beat thoroughly. Add dry ingredients and mix until smooth. Stir in raisins. Fill greased muffin cups 2/3 full and sprinkle tops with brown sugar. Bake at 375°F for 15 to 20 minutes. This is a good fall muffin for Oktoberfest or Thanksgiving.

APPLE STREUSEL MUFFINS

Anne Heddle

Topping:
1/2 cup packed brown sugar
1/4 cup all-purpose flour
1/4 cup butter or margarine
Muffin:
1 1/2 cups all-purpose flour
1/2 cup granulated sugar
3 tsp. baking powder
1/2 tsp. salt
1 egg
1/4 cup milk
1/4 cup cooking oil
3/4 cup shredded apple

In a small bowl, rub topping ingredients until crumbly; set aside. In mixing bowl, stir flour, sugar, baking powder and salt together. Make a well in the centre. In another bowl, beat egg, milk and oil to blend; stir in apple. Pour mixture into well; stir until moistened. Fill muffin tins 3/4 full. Sprinkle with topping. Bake at 400°F for 20 to 25 minutes. Makes 1 dozen.

BANANA MUFFINS

Gwen Ackland

1 egg
1 cup ripe bananas, crushed
1/2 cup butter or margarine
1/2 cup white sugar
1 1/2 cups brown or white flour
1 tsp. nutmeg
1 tsp. baking soda, dissolved in 1 Tbsp. hot water
1/3 cup chocolate chips, optional

Dissolve the soda in hot water and set aside. Mix remaining ingredients together. Add dissolved soda and water. Fill greased muffin tins 2/3 full. Bake in 350°F oven for 20 minutes. Makes 1 dozen muffins.

BANANA-OATMEAL MUFFINS

Joy Jaskula

2 cups oatmeal
2 cups boiling water
1 1/2 cups brown sugar
1 cup butter or margarine
4 eggs
2 tsp. baking soda
2 tsp. salt
2 tsp. vanilla
2 cups all-purpose flour
1 1/2 cups raisins
1 medium-large banana, mashed

Mix oatmeal and boiling water and let stand while mixing other ingredients. Cream sugar and butter. Add eggs. (Electric mixer can be used to this point; however, remainder of mixing is to be done by hand.) Add all dry ingredients. Add banana. Add vanilla. Stir oatmeal mixture in gently. Fill paper-lined muffin tins 2/3 full. Bake in preheated 375°F oven for 20 minutes. Makes 24 medium muffins.

BLUEBERRY MUFFINS

Janet Carter

1 cup oatmeal
1 cup sour milk
1 egg
1 cup brown sugar
1 cup flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/4 cup melted margarine
1/2 to 3/4 cup blueberries

Mix and set aside milk and oatmeal for 1 hour. Add remaining ingredients to milk and oatmeal. Stir. Add 1/2 to 3/4 cup blueberries. Bake at 400°F for 20 minutes.

BRAN MUFFINS

Diane McKune

5 cups bran
5 cups flour
3 cups white sugar
4 eggs
1 cup oil
5 tsp. baking soda
2 tsp. salt
1 qt. buttermilk OR 1 qt. milk and 1/4 tsp. vinegar
1 cup chocolate chips or raisins, optional

Mix above ingredients together. Add optional chocolate chips or raisins. Fill muffin tins 1/2 way. Bake at 350°F for 20 minutes or until toothpick inserted in centre comes out clean. This recipe makes approximately 3 dozen muffins. This recipe keeps in the fridge up to 6 weeks.

BRAN MUFFINS

Margaret Lewis

2 cups boiling water
2 cups 100% natural bran
3 cups white sugar
1 heaping cup Crisco
5 tsp. baking soda
1 tsp. salt
4 cups bran cereal
1 qt. buttermilk
5 cups all-purpose flour
4 eggs, beaten

Pour boiling water on 100% bran; let stand. Cream shortening, sugar, eggs and buttermilk. Add to bran mixture. Sift dry ingredients; add all at once, along with bran cereal. This makes a large mixture and can be kept in refrigerator up to two weeks or can be divided in batches and add chocolate chips, raisins, dates, nuts, cheese, blueberries, etc.

MAPLE THIN PANCAKES

Bonnie Perkins

1 cup flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1 Tbsp. maple syrup
1 egg, beaten
1 cup milk
3 Tbsp. melted shortening

Combine flour, baking powder and salt together. Combine syrup, egg and milk; add gradually to flour mixture until smooth. Add shortening. Bake on a hot griddle. Makes 10 pancakes. (If maple syrup is not available, most pancake syrups will be a fine substitute.)

YORKSHIRE PUDDING

Lynn Blacklock

1 cup all-purpose flour
1 cup milk
1/4 tsp. salt
2 large eggs
Crisco shortening

Place flour in mixing bowl. Add eggs and salt and mix together. Gradually add milk until mixture is smooth and forms a thick batter. Set oven at 400°F. Spoon 1/2 teaspoon of shortening into nine muffin tins and heat until bubbling. Remove muffin tin from stove and spoon 3 tablespoons mixture into each tin. Cook on top shelf for 30 minutes or until golden brown. Serve with roast beef and variety of vegetables for this traditional English dish.

YORKSHIRE PUDDING

Shirley Lewis

3 eggs
1 cup milk
1 cup flour
1/2 tsp. salt

Do not make this up until you are ready to use. In blender, put all of the above ingredients. Blend until well mixed. Heat oil in oven in twelve muffin tins. Add mixture 1/2 full. Bake at 425°F until golden brown, 15 to 20 minutes. They will rise about 5 to 6 inches.

ROLL SANDWICH

Wray Chivers

1 slice bread
Jam
Peanut butter

Cut crust off bread. Roll bread with rolling pin. Spread jam and peanut butter on bread. Roll it up like a jelly roll. Secure with toothpicks. Freeze overnight. Cut into slices.

Desserts

BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Cakes		
Butter, cupcake	350°	15 - 25
layer	350°	20 - 35
loaf	350°	45 - 60
Fruit	275°	120 -300
Angel	375°	30 - 45
Sponge	350°	30 - 45
Cookies		
Drop	350° - 375°	8 - 15
Meringue	250°	50 - 60 then turn off oven and cool
Rolled	350 - 375°	8 - 12
Squares	350 - 375°	20 - 35
Desserts		
Fruit Crisps	350° - 375°	35 - 45
Cheesecake	350°	45 - 60
Custard	350°	30 - 60
Pastry		
One crust pie (unbaked shell)	400° - 425°	30 - 40
Meringue on cooked filling in preheated shell	350° (or)425°	12 - 15 4 - 5
Shell only	450°	10 - 12
Two crust pie with uncooked filling	400° - 425°	45 - 55
Two crust pie with cooked filling	425° - 450°	30 - 45

INGREDIENT SUBSTITUTIONS

1 cup sifted **all-purpose flour** = 1 cup unsifted all-purpose flour minus 2 tbsp.
= 1 ¼ cups sifted cake and pastry flour
1 cup **sifted self-rising flour** = 1 cup sifted all-purpose flour plus 1 ½ tsp. baking powder and ½ tsp. salt
1 cup **granulated sugar** = 1 cup brown sugar, firmly packed
1 tbsp. **cornstarch** (for thickening) = 2 tbsp. flour
= 2 tsp. quick cooking tapioca
1 tsp. **baking powder** = ¼ tsp. baking soda plus ¾ tsp. cream of tartar
1 tsp. **double-acting baking powder** = 1 ½ tsp. phosphate baking powder or 2 tsp. tartrate baking powder
1 cup **butter** = 1 cup margarine (hard or brick-type)
= 1 cup shortening
1 cup **liquid honey** = 1 ¼ cups sugar plus ¼ cup liquid
1 cup **corn syrup** = 1 cup sugar plus ¼ cup liquid
1 cup **buttermilk** or **sour milk** = 1 tbsp. lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 min.)
1 cup **buttermilk** = 1 cup plain yogurt
1 cup **sour cream** = 1 cup plain yogurt
1 cup **milk** = ½ cup evaporated milk plus ½ cup water
1 cup **skim milk** = 3 tbsp. skim milk powder plus 1 cup water
1 cup **cream** = ¾ cup milk plus ¼ cup butter
1 ounce **chocolate** (1 square) = 3 tbsp. cocoa plus 1 tbsp. butter or shortening
1 package **active dry yeast** = 1 tbsp. active dry yeast
1 **whole egg** = 2 egg yolks
1 cup **meat stock** = 1 cup consomme or 1 bouillon cube dissolved in 1 cup hot water
1 cup **tomato juice** = ½ cup tomato sauce plus ½ cup water
1 cup **tomato sauce** = ½ cup tomato paste plus ½ cup water
1 cup **tomato ketchup** = 1 cup tomato sauce plus ½ cup sugar plus 2 tbsp. vinegar
1 clove **garlic** = ⅛ tsp. garlic powder
1 tsp. **dry mustard** = 1 tbsp. prepared mustard
1 small **onion** = 1 tbsp. dehydrated, minced onion
1 tbsp. **fresh herbs** (eg) parsley, oregano = 1 tsp. dried
Juice of 1 **lemon** = 3 to 4 tbsp. bottled lemon juice

APPLE NUT CAKE

Nadine Schmidt

4 cups apples, chopped
2 cups sugar
2 eggs
1/2 cup vegetable oil
2 tsp. vanilla
2 cups flour
1 1/2 tsp. baking powder
1 tsp. baking soda
2 tsp. cinnamon
1 tsp. salt
1 cup chopped nuts

Combine apples and sugar in bowl; mix and let stand. Beat eggs in large bowl. Beat in oil and vanilla. Mix soft and dry ingredients and add to egg mixture a little at a time, alternating with apple mixture. Add nuts last. Pour mixture in 10-inch angel food or loaf pan. Bake at 350°F for 1 hour.

APPLESAUCE CARROT CAKE

Elaine Jardine

2 3/4 cups flour
3 tsp. baking soda
1 tsp. salt
3 tsp. cinnamon
1 tsp. nutmeg
4 eggs
3/4 cup oil
2 cups white sugar
1 tsp. vanilla
1 (15 oz.) jar applesauce (1 2/3 cups)
3 cups shredded carrots (1 lb.)
1 cup golden raisins
1 cup chopped walnuts, divided

In large bowl, mix flour, baking soda, salt, cinnamon and nutmeg; set aside. With whisk, beat eggs. Stir in oil, sugar and vanilla. Add applesauce and carrots; mix well. Add to flour mixture, stirring just to moisten. Fold in raisins and 1/2 cup walnuts. Sprinkle with remaining 1/2 cup walnuts in bottom of heavily greased 12-cup fluted tube cake pan. Pour in mixture. Bake in preheated 350°F oven 50 to 55 minutes or until pick inserted in centre comes out clean. Cool in pan on rack for 15 minutes, then invert on rack. Cool thoroughly. Store in airtight container or cake keeper. Will keep well 4 to 5 days or freeze up to 2 months.

APPLE CRISP

Kathy McLean

8 large cooking apples
1 cup butter
1 cup oatmeal
1 cup flour
1 cup brown sugar
Lemon juice, optional

Peel, core and slice apples. Place in 13x9x2 inch baking dish. Combine oatmeal, flour and brown sugar well. Using pastry blender, add butter until mixture resembles coarse oatmeal. Pour over apples. Bake at 350°F for 45 minutes or until well browned and apples are soft.

BANANA CAKE

Pamela Berry

1/2 cup shortening
1 cup sugar
1 egg
1 Tbsp. milk
1/4 tsp. salt
1 1/2 cups flour
1 tsp. baking powder
3 large bananas
1 1/4 tsp. baking soda
1 cup chopped walnuts, opt.

Grease pan (bread loaf pan or angel food pan). Preheat oven over 350°F. Combine dry ingredients. Mash bananas and add baking soda. Cream shortening; add egg and milk. Mix all ingredients. Finally beat in bananas in which soda has been dissolved. Add walnuts, if desired. Bake 25 to 30 minutes. Cake is done when a toothpick comes out clean and golden brown.

BUNDT COCONUT CAKE

Sue Adler

1 lb. butter
2 cups white sugar
6 eggs
2 tsp. almond extract
3 cups coconut
2 cups flour
Glaze:
1 cup sugar
1/2 cup water
1 tsp. almond extract

Cream butter and sugar. Add 1 cup flour and mix well. Add eggs and almond extract; mix well. Blend remaining flour with coconut; add to batter. Mix well. Use oiled Bundt pan. Bake at 357°F for 1 1/2 to 1 3/4 hours. Remove from pan. Glaze while still hot. Wrap cake loosely in foil for 24 hours before slicing. Very moist and rich.

BAVARIAN APPLE TORTE

Mrs. Shirley Boven

Base:
1/2 cup butter
1/3 cup sugar
1/4 tsp. vanilla
1 cup all-purpose flour
Filling:
1 (250 g) pkg. cream cheese
1/4 cup sugar
1 egg
1/2 tsp. vanilla
Topping:
1/3 cup sugar
1/4 tsp. cinnamon
4 cups sliced peeled apples
1/3 cup sliced almonds

Cream butter, sugar and vanilla. Blend in flour. Pat dough on bottom and halfway up sides of 9-inch springform pan. Combine softened cream cheese and sugar; mix well. Add egg and vanilla; mix well. Pour into pastry-lined pan. Combine sugar and cinnamon. Toss apples in sugar mixture. Spoon mixture over cream cheese layer; sprinkle with almonds. Bake at 450°F 10 minutes. Reduce temperature to 400°F, continue baking 20 minutes. Loosen torte from rim of pan. Cool before removing rim of pan.

BRENDA'S CHRISTMAS CAKE

Brenda Marsden

4 cups flour
2 cups brown sugar
8 eggs
1 lb. butter, softened
1 (8 oz.) container mixed fruit
1 lb. currants
1 lb. light raisins
1 lb. dark raisins
2 small jars maraschino green and red cherries
1 tsp. cinnamon, nutmeg, cloves, ginger and allspice
1/2 cup walnuts
1/2 cup almonds

Mix butter and sugar; add beaten eggs to butter and sugar mixture. Wash raisins and currants; pat dry. Mix all fruit together with cherries and juice. Let fruit mixture sit a couple of hours. Add flour and spices to fruit mixture. Add to butter and egg mixture. Mix with hands. I use my large roasting pan to mix this in. Line pans with foil and grease. Bake at 275°F until toothpick comes out clean, 1 1/2 to 1 3/4 hours, depending on size of pans used. This cake is very moist and delicious.

BOILED MILK CAKE

Arlene Arsenault

2 eggs
1 cup brown sugar
1/2 tsp. vanilla
1 cup all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1 tsp. nutmeg
1/2 cup milk
1 Tbsp. butter
Topping:
3 Tbsp. butter
3 Tbsp. brown sugar
Nuts, optional

Beat eggs well; add brown sugar and vanilla. In another bowl, mix flour, baking powder, salt and nutmeg. Mix into egg mixture. In a small saucepan, put 1/2 cup milk and 1 tablespoon butter. Bring to a boil. Pour into batter and beat 1 minute. Pour batter in pan and bake 25 minutes or until done at 350°F. Then add topping.

Topping: In a small saucepan, combine butter, brown sugar and nuts (optional). Heat until butter is melted in mixture and well blended. Spread on cake and put in broiler until brown.

CHERRY CHEESE JUBILEE

Kathy Post

1 (8-inch) angel food cake
1/4 cup apricot preserves
1 tsp. sugar
1 (8 oz.) pkg. cream cheese, softened
1 (8 oz.) container dairy sour cream
1 (3 1/4 oz.) pkg. French vanilla instant pudding
1/2 cup half and half or milk
1 (1 lb., 5 oz.) can cherry pie filling
1 (4 1/2 oz.) container frozen whipped topping, thawed

With a sharp knife, cut down into cake about 3/4 inch in from outer edge, cutting about 1 1/2 inches deep. Scoop out cake part in centre. Fill hole in bottom with a piece cut from removed cake. Heat apricot preserves and sugar in small saucepan until bubbly; press through a strainer. Brush over side and edge of cake. Beat cream cheese in large bowl with electric mixer until smooth, about 1 minute. Add sour cream; mix until smooth. Add instant pudding and half and half. Beat at low speed just to combine, then at high speed until mixture thickens, about 2 minutes. Measure and reserve 1/4 cup cherry pie filling. Fold remaining pie filling into cheese mixture. Spoon into prepared cake shell. Refrigerate. At serving time, pipe whipped topping around top edge, on top and around base of cake. Garnish with reserved cherry pie filling.

CARROT CAKE

Loretta Halligan

Moist cake; a good "keeper

1 1/2 cups oil
2 cups sugar
4 eggs
2 cups all-purpose flour
1/2 tsp. baking powder
2 tsp. baking soda
1/2 tsp. salt
1 cup chopped walnuts
14 oz. crushed pineapple, drained
2 cups grated carrots

Icing:

3 oz. Philadelphia cream cheese
2 tsp. vanilla
1/4 lb. butter
1/2 lb. icing sugar

Mix oil and sugar; add beaten eggs and blend thoroughly. Add flour, sifted with baking powder, baking soda and salt. Add nuts, pineapple and carrots. Bake in large greased pan, about 12x8 inches, at 325°F for 1 hour. Blend together icing ingredients with electric beater and spread on cool cake. Serves 16 to 18.

CHOCOLATE CHIFFON CAKE

Ann Isaak

3/4 cup boiling water
1/2 cup cocoa
2 cups unsifted all-purpose flour
1 1/2 cups granulated sugar
3 tsp. baking powder
1 tsp. salt
1/2 cup oil
7 eggs, yolks and whites separated
1 tsp. vanilla
1/2 tsp. cream of tartar

In a small bowl, mix together the boiling water and cocoa until smooth; let cool. In a large beater bowl, combine the flour, sugar, baking powder and salt. Make a well in centre of dry ingredients and add cooled chocolate mixture, oil, egg yolks and vanilla. Beat until smooth and thick, about 2 minutes, scraping down sides of bowl with rubber scraper. In another bowl, beat egg whites with cream of tartar until very stiff. Carefully fold whites into batter until thoroughly blended. Pour into a large ungreased angel food pan with removable centre. Bake at 325°F 55 minutes. Cool completely on cake rack before removing from pan.

Youth and beauty fade; character endures forever.

GRAVEL CAKE

Loralei Westerik

2 pkg. lime Jello
1 cup sugar
2 cups boiling water
2 Tbsp. lemon juice
2 qt. vanilla ice cream
3 cups crushed vanilla wafers

Stir Jello, sugar and lemon juice with boiling water until dissolved. Add ice cream and beat until smooth. Pour into 13x9 inch cake pan lined with 2 cups crushed wafers. Sprinkle 1 cup crushed wafers over top. Cover with foil and put in freezer. This recipe can be made weeks ahead and kept in freezer. Good on a hot evening or for unexpected company. Very refreshing.

TOMATO SOUP CAKE

Sandra Stokes

1 cup sugar
1 cup shortening
2 eggs
2 cups pastry flour
1 can tomato soup
1/2 soup can water
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. allspice
1 tsp. baking soda
2 tsp. baking powder

Cream sugar and shortening until fluffy; add eggs and mix well. Sift flour, spices and baking powder together. Add to cream batter alternately with tomato soup, water and baking soda. Bake in oven at 325°F for 1/2 hour or until done.

TOMATO SOUP CAKE

Bette Van Es

1/4 cup butter
1 cup white sugar
1 egg
4 oz. condensed tomato soup
4 oz. water
1 1/2 cups all-purpose flour
1 cup raisins
1 tsp. baking soda
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. cloves

Cream the butter, then add sugar and egg. To this, add soup and water. In a separate bowl, mix together remaining ingredients. Add this mixture to the butter mixture. Mix well. Pour into greased and floured 8x8 inch pan. Bake in preheated 375°F oven for 45 minutes.

HONEY CAKE

Sandra Stokes

1/2 lb. Crisco
4 Tbsp. milk
3/4 cup sugar
4 Tbsp. honey
2 eggs
1 tsp. baking powder
4 cups flour
Pinch of salt
Filling:
9 Tbsp. cream of wheat
3 cups milk
3/4 lb. butter
1 1/2 cups sugar
1 tsp. vanilla

In mixer, beat honey, milk and eggs. Mix flour, sugar, Crisco and baking powder as a pie dough. Add dry mixture and honey together. Divide into four parts. Roll dough inside 10 3/4x16 inch cookie sheet four times. Do not grease pan. Bake at 350°F for 10 minutes. Turn out onto towel to cool. You will now have four thin dough-like crusts.

Filling: Cook together milk and cream of wheat until thick and cool. Put butter, sugar and vanilla in mixer. Add cream of wheat mixture; mix well. Spread filling between layers of dough crust and on last layer. Dust top with icing sugar.

MARASCHINO CHERRY CAKE

Jean Pawlek

2 cups flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup butter
1 cup sugar
2 eggs, separated
1/3 cup cherry juice
Milk
1/2 cup chopped cherries
1/2 cup chopped pecans
Frosting:
1 1/4 cups white corn syrup
2 egg whites
1/8 tsp. salt
1 tsp. vanilla

Sift dry ingredients three times. Cream butter and 2/3 of the sugar until light and fluffy. Add egg yolks and beat until very light. Combine cherry juice and milk to make 7/8 cup. Add flour and milk alternately. Stir in cherries and nuts. Beat egg whites until stiff. Add remaining sugar gradually and beat until stiff peaks form. Thoroughly fold into cake batter. Pour into 8-inch pans. Bake in moderate 325°F oven for 30 to 40 minutes.

Frosting: Heat syrup to boil. Combine egg whites, salt and vanilla in bowl. Beat at high speed until stiff but not dry. Pour slowly into syrup. Beat until fluffy and hangs in peaks from beater.

OATMEAL CAKE

Patti L. MacQueen

1 1/2 cups boiling water
1 cup quick oats
1/2 cup butter or margarine
1 cup brown sugar
2 eggs, beaten
1 1/2 cups flour
1 tsp. soda
1 tsp. vanilla
1 tsp. salt
1 tsp. cinnamon

Topping:
2 Tbsp. melted butter
1/2 cup brown sugar
1/3 cup cream or canned milk
1 cup fine coconut

Soak oats in boiling water and cool for 20 minutes. Mix dry ingredients. Cream butter with sugar; add eggs. Add dry ingredients to creamed mixture. Turn into 9x13 inch pan. Bake for 30 minutes in preheated 350°F oven.

Topping: Mix all ingredients together. Spread on hot cake. Broil for 2 minutes. One-half cup chopped nuts can be spread over all before broiling.

PUMPKIN CHEESECAKE

Sandra Stokes

1 3/4 cups graham wafers
1/4 cup butter
14 oz. can pumpkin
1 1/2 cups white sugar
3 Tbsp. flour
2 tsp. pumpkin pie spice
2 (8 oz.) pkg. cream cheese
2 Tbsp. dark rum

Combine graham wafers and butter together; bake in oven 10 minutes. Add remaining ingredients; bake 1 hour and 45 minutes in a 325°F oven. Can add whipping cream on top if you like.

TRICIA'S BIRTHDAY CAKE

Deanna Hannnabuss

1 angel food cake mix
1 pkg. Dream Whip (2 packets)
4 Crispy Crunch bars

Bake cake according to directions on box. Mix Dream Whip according to directions. Crush chocolate bars. Slice cake into 2 or 3 layers. Add chocolate bars to Dream Whip and mix. Ice cake with Dream Whip mixture, layers, sides and top.

BOSTON CREAM PIE

Anne Heddle

2 white or yellow cake layers
Filling:
1 cup milk
1/4 cup all-purpose flour
1/4 cup granulated sugar
1 egg
1/2 tsp. vanilla
Glaze:
1 cup icing sugar
2 Tbsp. cocoa
1 Tbsp. melted butter
4 tsp. milk

Both cake layers may be used or slice one layer to make two.

Filling: Heat milk over medium heat to boiling. Measure flour and sugar into bowl. Stir in egg and vanilla. Pour into milk, stirring while it boils and thickens. Cool well.

Glaze: Beat all ingredients together, adding a bit more liquid if necessary to make a barely pourable glaze.

To Assemble: Spread custard between cake layers. Drizzle glaze over cake, allowing it to dribble over sides. Chill for 1 to 2 hours.

CHERRY CHEESECAKE

Margo Anderson

1 1/2 cups graham cracker crumbs
1/2 cup margarine, softened
1 (8 oz.) pkg. cream cheese, softened
1/2 cup icing sugar
1 envelope Dream Whip, made according to package instructions
1 can cherry pie filling

Mix graham cracker crumbs and margarine and pat into bottom of 8x8 inch pan. Cream together cream cheese and icing sugar; set aside. Prepare Dream Whip and mix in cheese mixture. Pour over crumb crust. Top with cherry pie filling and refrigerate until firm.

NO BAKE CHERRY CHEESECAKE

K. Chivers

2 cups graham cracker crumbs
1/4 to 1/3 cup melted butter
2 envelopes Dream Whip
1 cup icing sugar
1 tsp. vanilla
1 (8 oz.) pkg. cream cheese
1 can cherry pie filling

Combine graham cracker crumbs and butter; press into 9x13 inch pan. Refrigerate 2 hours. Whip Dream Whip according to package instructions. Add icing sugar, vanilla and cream cheese. Mix well. Spread on top of graham crumb crust. Chill for 3 hours. Top with cherry pie filling. Chill.

MINI CHEESECAKES

Mary-Lou Wolsey

2 (8 oz.) pkg. Philadelphia cream cheese
2/3 cup sugar
3 eggs
1 tsp. vanilla extract
1 box vanilla wafers
1 can cherry pie filling
Small paper cups

Beat cheese, sugar, eggs and vanilla with electric mixer for 5 minutes. Place cups in tart pan. Place wafer, flat side up in paper cup. Fill to top with mixture. Cook for 15 minutes at 350°F. When cooled, top with cherry filling.

CHERRY CHEESECAKE

Melinda Jones

1 1/4 cups graham cracker crumbs
2 Tbsp. sugar
3 Tbsp. butter, melted
1 (8 oz.) or 2 (3 oz.) pkg. cream cheese
1 cup sugar
2 tsp. grated lemon peel
1/4 tsp. vanilla
3 eggs
Cherry pie filling for glaze

Heat oven to 350°F. Mix together graham cracker crumbs and 2 tablespoons sugar; mix in melted butter. Bake 10 minutes in 9-inch springform pan. Reduce oven to 300°F. Beat cream cheese in large bowl until fluffy. Beat in lemon peel and vanilla. Beat in eggs, one at a time until fluffy. Pour into prepared cooled crust. Bake 1 hour, until centre is firm. Cool until room temperature. Remove from springform pan. Place filling on top.

LEMON CHEESECAKE

Marg Vail

Crust:
1 cup flour
1/2 cup walnuts, chopped
1/2 cup butter or margarine

Filling:
1 L container Cool Whip
1 cup icing sugar
8 oz. cream cheese
1 lemon pie filling

Mix together crust ingredients until it resembles coarse meal. Press in bottom of springform pan. Bake 10 to 15 minutes at 350°F. Let cool. Beat 1 cup Cool Whip, cream cheese and icing sugar until smooth. Spread over cooled crust. Prepare lemon pie filling. Let cool before spreading over cream cheese layer. Top with remaining Cool Whip. Let stand in fridge at least 1 hour or longer. Can be made the day before.

FROZEN RASPBERRY CHEESECAKE

Marlene Penman

24 chocolate wafers
1/4 cup melted butter or margarine
1 egg, separated
1 cup whipping cream
250 g cream cheese, softened
2/3 cup icing sugar
2/3 cup Westvale raspberry juice, diluted
1 tsp. lemon juice

Crush wafers to yield about 1 cup crumbs. Blend in melted butter/margarine. Press into a 9-inch pie plate. Freeze while preparing cheesecake. Assemble all ingredients before beginning. Beat egg white until stiff, then beat whipping cream; set aside. Beat cream cheese, gradually adding sugar until smooth. Beat in egg yolk, then juices. Fold whipped cream into cheese mixture, then fold in egg white. Pour into crust. Freeze until firm, about 4 hours or overnight. Garnish with raspberries, chocolate curls or whipped cream. Serves 8 to 10.

ORANGE DESSERT

Barbara Archer

1 brick vanilla ice cream
1 orange Jello
1 cup boiled water
1 small can frozen orange juice
1 angel food cake
Whipping cream
Tin of Mandarin oranges

Add 1 cup boiling water to Jello to dissolve. Add 1 small can frozen juice to dissolved Jello. Add ice cream. Break up angel food cake. In a large glass bowl add 1 layer of cake, then layer of ice cream mixture. Continue to layer to the top. Frost with whipped cream and decorate with drained Mandarin oranges.

JELLY ROLL CAKE

Jeff Lamont

5 eggs, separated
5 Tbsp. cold water
1 cup white sugar
1 cup flour
2 tsp. baking powder
1/2 tsp. salt

Beat egg whites. In separate bowl, beat egg yolks; add water and half the sugar. Beat until fluffy. Sift rest of dry ingredients and sugar; add to egg mixture. Fold in whites. Bake in very well greased flan pan at 350°F for 15 to 20 minutes. Place cherries or other favourite fruit on top. When cooled, top with Dream Whip.

ENGLISH TRIFLE

Lindsey Patterson

1 cup raspberries
1/3 cup sherry
2 to 3 cups whipping cream
2 cups sponge cake, broken in pieces
1 pkg. Jello, made and chilled in fridge
2 cups Bird's custard, chilled and made (follow package instructions)

Using a large clear bowl, put raspberries in bottom of bowl. Follow with broken sponge cake. Pour sherry over cake and let it soak through. Let Jello set in fridge for 1 hour. When Jello is set, pour over sponge cake. Refrigerate overnight. In the morning, make the custard. Refrigerate just until firm to the touch, 2 to 3 hours. Prepare whipping cream before serving and pour over custard; spread evenly. Top with chocolate shavings or slivered almonds. You should end up with different layers of each item.

NOT JUST CAKE

Marlene Lupal

1 Duncan Hines devil's food chocolate cake mix
1 pt. chocolate mint ice cream
750 mL Hershey Brown Cow instant chocolate syrup
150 g chopped walnuts
Maraschino cherries

Prepare a one-layer cake according to package directions. Cake should be cooled completed and set aside. At time of serving, cut appropriate number of pieces of cake. Each serving of cake is then cut horizontally in half. Cut ice cream in squares to fit between pieces of cake. Top with 2 tablespoons chocolate syrup, 1 tablespoon chopped walnuts and 1 maraschino cherry. Chocolate syrup can be hot or cold.

CHOCOLATES

Karen Vautour

1 cup peanut butter
1 cup icing sugar
1 cup Rice Krispies
1 cup coconut
1/2 cup nuts, chopped fine
Moulding chocolate

Melt chocolate in double boiler. Blend ingredients together. Roll in hands to shape into balls. Dip in chocolate. Place on wax paper. Refrigerate.

CHOCOLATE NUT CLUSTERS

Judy Palmer

2 cups chocolate chips
2 cups butterscotch chips
2 cups raisins
2 cups peanuts

Using a double boiler, melt chocolate and butterscotch chips over low heat. Remove from heat. Add raisins and peanuts. Stir until well blended. Drop by spoonfuls on cookie sheet. Put the cookie sheet in the refrigerator for 5 to 10 minutes, until chocolate has hardened. Remove clusters from cookie sheet and place in containers. Should be kept refrigerated or may be frozen for later use. Best if served cold. Yields approximately 35 to 40 clusters.

CHOCOLATE POPCORN BALLS

Marie Brown

9 cups popcorn
1/2 cup Nestle chocolate Quik
1 jar marshmallow sauce

Put popcorn in large greased bowl. Combine Nestle Quik and marshmallow sauce in saucepan; stir constantly over low heat until sauce starts to boil. Remove from heat. Pour over popcorn; stir well. Grease hands. Form popcorn in 16 balls, approximately 3 inches. Place on waxed paper and let set.

PEANUT BUTTER BALLS

Mandy Dalrymple

1/2 cup peanut butter
1 cup icing sugar
Butter, for hands
Chocolate chips

Combine icing sugar and peanut butter; roll into balls. Coat in melted chocolate chips.

CHERRY BALLS

Karen Vautour

1/2 cup butter
1 1/2 cups icing sugar
1 1/2 cups coconut
1 tsp. vanilla
Graham crumbs
Maraschino cherries

Blend first four ingredients together. Pack mixture onto cherry. Roll in graham crumbs. Refrigerate.

ALMOND BISCUITS

Padma Patel

1/2 cup butter
1 egg yolk
1 1/2 cups flour
1/4 tsp. salt
1/3 cup castor sugar
1/4 cup ground almonds
1/2 tsp. baking powder

Cream butter and sugar well together. Beat in egg yolk. Add almonds and loosely sift in flour, salt and baking powder. Mix into soft dough. Roll out 5 millimetres thick and cut in small rounds. Bake in 350°F/140°C oven for 10 to 15 minutes. When cold, put together with jam and ice tops with vanilla icing.

ALMOND CRESCENTS

Mrs. Joanne Rusic

1 3/4 cups all-purpose flour
1 cup ground almonds
1/4 cup sugar
1 pkg. vanilla sugar
1 cup butter or margarine, cold
Decoration:
1 cup sifted icing sugar
3 pkg. vanilla sugar

Preheat oven to 150°C/300°F. Grease a baking sheet. Blend flour, ground almonds, sugar and vanilla sugar together on a pastry board. Cut cold butter or margarine into small pieces over dry ingredients. Work all ingredients together quickly to make a smooth dough. Roll a small amount at a time into pencil-like strips. Cut into small rolls, about 5 centimetres (2 inches). Place on prepared baking sheet. Shape into crescents. Bake at 150°C/300°F for 10 to 15 minutes or until light brown. Roll warm cookies in mixture of icing sugar and vanilla sugar. Cool. Store in airtight container. Makes 4 dozen.

TOLLHOUSE CHIP COOKIES

Debi Brown

2/3 cup (150 mL) butter
1 cup (250 mL) brown sugar
1 egg, beaten
1 1/2 tsp. (7 mL) vanilla
1 cup (250 mL) all-purpose flour
1/2 tsp. (2 mL) soda
1/2 tsp. (2 mL) salt
1/2 cup (125 mL) rolled oats
1/2 cup (125 mL) chopped nuts
1 cup (250 mL) chocolate bits

Mix soft butter with brown sugar and beaten egg. Add vanilla and flour sifted with soda and salt. Blend in rolled oats, chopped nuts and chocolate bits. Drop by heaping teaspoon on greased cookie sheets, 2 inches (5 centimetres) apart. Bake at 375°F/190°C for about 10 minutes.

APPLE OATMEAL CHEWS

Mrs. Kimberley Ekelund

1/4 cup margarine or butter
1 cup sugar
3 Tbsp. cocoa
Dash of salt
1/2 cup grated apple, unpeeled
1 1/2 cups quick cooking rolled oats
1/2 cup chopped nuts
1/2 cup raisins
1 tsp. vanilla

Line cookie sheet with waxed paper. In medium saucepan melt butter. Add sugar, cocoa, salt and apple; mix well. Bring to full boil over medium heat. Boil 1 minute, stirring constantly. Remove from heat. Stir in oats, nuts, raisins and vanilla. Drop by teaspoonfuls onto prepared cookie sheet. Let set at least 8 hours to dry. Yield: 30 cookies, 80 calories each. These cookies make a healthy snack with a cold glass of milk.

DAD'S COOKIES

Janice Graham

1 cup butter
1/2 cup sugar
2 eggs
2 Tbsp. corn syrup
2 cups rolled oats
1/2 cup coconut
2 cups flour
1/2 tsp. salt
1/2 tsp. allspice
2 tsp. cinnamon
1 1/2 tsp. ginger
3 tsp. baking soda

Preheat oven to 350°F. Grease baking sheets. Cream butter and sugar thoroughly. Add egg and corn syrup. Beat until fluffy and light. Sift flour, salt, spices and baking soda; combine with rolled oats and coconut. Mix flour mixture into creamed mixture; mix well. Drop by spoonful on greased baking sheet. Bake at 350°F for 15 minutes.

CHOCOLATE CHIP OATMEAL COOKIES

Mrs. Cathy Tennant

1 cup margarine
1 cup white sugar
2 eggs
1 tsp. vanilla
1 1/2 cups flour
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
2 cups chocolate chips
1 1/4 cups oats

Preheat oven to 375°F. Cream together margarine and white sugar. Beat in eggs and vanilla. Stir in flour, baking soda, salt and cinnamon. Add chocolate chips and oats. Drop by the spoonful onto an ungreased cookie sheet. Bake 12 minutes. Makes 4 dozen.

SAUCEPAN COOKIES-APPLE SQUARES

Cathy Buch

1 cup sifted all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1/4 tsp. ground cinnamon
1/4 cup butter
1/2 cup firmly packed brown sugar
1/2 cup granulated sugar
1 egg
1 tsp. vanilla
1/2 cup chopped and pared apple
1/2 cup finely chopped walnuts

Cinnamon Sugar:
1/2 cup white sugar
1 1/2 tsp. cinnamon

Sift flour, baking powder, salt and cinnamon onto wax paper. Melt butter in medium-size saucepan over medium heat. Remove from heat. Beat in sugars, egg and vanilla with a wooden spoon until smooth. Stir in flour mixture, apple and walnuts until thoroughly combined. Spread into a greased 8x8x2 inch pan. Sprinkle with 1 tablespoon or as much as you like of Cinnamon Sugar mixture. Bake in 350°F oven for 30 minutes or until top springs back when pressed. Cool completely. Cut into squares. (Fresh or frozen blueberries can be used as well.)

DOUBLE CHOCOLATE COOKIES

Diane McKune

1 cup butter
1 1/2 cups sugar
2 eggs
2 tsp. vanilla
2 cups flour
2/3 cup cocoa
3/4 tsp. baking soda
1/2 tsp. salt
2 cups chocolate chips

Mix above ingredients together. Make 1-inch balls; put on ungreased cookie sheet. Bake at 350°F 10 to 15 minutes. Cool 1 minute, then remove from sheet. Makes 5 dozen.

CHOCOLATE MACAROONS

Dorothy Anderson

2 cups white sugar
1/2 cup butter
1/2 cup milk
3 cups Quaker Oats
6 Tbsp. cocoa
1 cup coconut
1 tsp. vanilla
Pinch of salt

Mix sugar, butter and milk in a heavy pot. Bring to a boil. Take off heat and add oats, cocoa, coconut, vanilla and salt. Mix thoroughly. Spoon to make cookies on a greased cookie. Refrigerate for 1 hour. Store in sealed container.

OATMEAL CRISP COOKIES

Lorraine Boyd

1 1/4 cups flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 cup butter or margarine, softened
1 cup packed brown sugar
1/2 cup granulated sugar
2 eggs
1/4 cup milk
1 tsp. vanilla
3 cups uncooked oats
1 cup semi-sweet chocolate chips

Stir together flour, baking powder, soda and salt; set aside. In large bowl beat butter and sugars until creamy. Beat in eggs, milk and vanilla until well blended. Stir in flour mixture, then oats and chocolate chips. Drop by rounded teaspoonfuls 1 1/2 to 2 inches apart on greased baking sheets. Bake in preheated 350°F oven 12 to 15 minutes or until lightly browned. Remove to rack to cool. Makes 84 cookies.

CHILDREN'S FAVOURITES/CRUNCHY PEANUT BALLS

Sharon Boyce

1 cup sugar
1 cup light cream or canned evaporated milk, undiluted
1 cup light corn syrup
1 tsp. vanilla extract
5 cups Corn Flakes or Wheat Flakes
2 cups crispy rice cereal
1 cup salted peanuts

In medium saucepan, combine sugar, cream and corn syrup. Cook over low heat, stirring until sugar dissolves. Continue cooking, stirring occasionally, until syrup forms soft ball when dropped in cold water. Add vanilla. Meanwhile, in large buttered bowl, combine Corn Flakes, rice cereal and peanuts; toss to mix well. Add cooked syrup, mixing thoroughly. Refrigerate 30 minutes. With buttered hands, form into 1 1/2 inch balls. Makes about 48 treats!

HONEY PEANUT BUTTER BALLS

Mrs. Judy Birnie

1/2 cup honey
1/2 cup peanut butter
1/2 cup graham cracker crumbs

Mix well in a bowl, then use hands to roll into small balls. Roll the balls in one of these coatings: confectioner's sugar, chopped nuts, chocolate sprinkles. Place on a cookie sheet or pan and chill.

AUNT SHEILA'S OATMEAL CHOCOLATE CHIP COOKIES

Gail Bennie

1 cup margarine
3/4 cup brown sugar
1/4 cup white sugar
1 tsp. baking soda
6 oz. chocolate chips
1/2 cup boiling water
1 1/2 cups all-purpose flour
1/2 tsp. salt
1 tsp. vanilla extract
2 cups rolled oats

Boil water. Cream margarine and sugars; add vanilla. Dissolve the baking soda in the boiling water; put it into the creamed mixture. Add flour, salt and rolled oats. Stir in the chocolate chips. Bake at 350°F for about 20 minutes. One teaspoonful of mix is a nice-size cookie. Do not grease cookie sheets. Yields about 5 dozen cookies. Recipe may be doubled or tripled. Freezes well. NOTE: No eggs; great for those with allergies.

GRAMMA DARRACH'S RAISIN COOKIES

Clarke Family

2 cups raisins
1 cup water
1 tsp. baking soda
1 cup butter
2 cups sugar
1 tsp. vanilla
3 eggs, beaten
4 cups flour
1/4 tsp. salt
1 tsp. cinnamon
1 tsp. baking powder
1/4 tsp. nutmeg
1 cup chopped walnuts

Add water to raisins and boil for 5 minutes; cool. Stir in baking soda and let stand. Add vanilla and beaten eggs to cooled raisins. Sift flour into baking powder, salt, cinnamon and nutmeg. Mix and add nuts. Drop from teaspoon onto baking sheet. Bake at 375°F for 10 to 12 minutes.

JELLY SANDWICH COOKIES

Karen Vautour

1/2 lb. margarine
3/4 cup sugar
1 egg
3 cups flour
1 scant tsp. baking powder
1 tsp. vanilla
500 mL jar raspberry jam

Combine first six ingredients; mix well. Roll out and cut with cookie cutters. Bake at 325°F for 10 to 12 minutes. Do not let cookies brown. Cool. Spread jam on cookie, cover with another cookie.

GRANDMA TREEN'S SWEDISH CAKES

Valerie Mowat

1/2 cup butter
1/4 cup brown sugar
1 cup flour
1 egg, separated
1 tsp. baking powder
1/4 tsp. salt
1/2 tsp. vanilla
Coconut

Cream together butter, sugar, egg yolk and vanilla. Sift together flour, baking powder and salt. Mix into creamed ingredients. Roll into small balls. Dip in egg white; roll in coconut. Bake 5 minutes at 350°F. Press in the centre of each to form a dent; bake 10 minutes more. Fill centres with jam, jelly or icing.

HURSLEKI OR BOWTIES

Pauline Papkovas
Donny's Grama

3 egg yolks
2 whole eggs
1/2 tsp. salt
1 1/8 cups flour
1 Tbsp. sugar
1 tsp. vanilla
1 Tbsp. sweet cream
1 Tbsp. brandy, to lessen soaking up of oil
Oil for deep frying

Beat eggs thoroughly. Add remaining ingredients except flour; beat. Add 1 cup flour and mix until rolling consistency; add more flour if needed. Knead until smooth, cover and let sit 15 minutes. On floured board, roll until paper-thin. Cut into 2x1 1/2 inch lengths. Make a slit in center and pull dough through to make a bow. Put in hot oil for 1/2 minute or until lightly brown; turn over. Remove and dry on paper towel. Sprinkle with icing sugar before serving.

PEANUT BUTTER COOKIES

Karen Vautour

1 cup peanut butter
1 cup white sugar
1 cup brown sugar, packed
2 eggs
1 tsp. vanilla
2 1/2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 cup margarine

Cream peanut butter, margarine and sugar. Blend in eggs and vanilla. Add flour, baking powder, baking soda and salt. Mix well. Roll into balls; flatten with fork. Bake at 350°F 12 to 15 minutes. Yield: 6 dozen.

ICE WOMEN'S CHOCOLATE "BOATERS"

Bette Van Es

1/2 cup butter
1/2 cup shortening
1 scant cup brown sugar
1 scant cup white sugar
2 eggs, lightly beaten
1 tsp. vanilla
2 cups all-purpose flour
1/2 cup unsweetened cocoa
3 Tbsp. instant coffee
1 tsp. salt
1 tsp. baking soda
2 cups semi-sweet chocolate chips
1 cup walnuts, chopped

Cream the butter and shortening; stir in sugars. Add the eggs and vanilla. Beat until light and creamy. Sift the next five ingredients together and beat gradually into the butter mixture. Stir in chocolate chips. Drop by spoonfuls onto a cookie sheet, about 3 inches apart. Bake in preheated 350°F oven for 12 to 15 minutes. Makes 50 cookies.

PEANUT BUTTER COOKIES

Mrs. Cathy Tennant

1 cup peanut butter
1/2 cup butter
1/2 cup white sugar
1/2 cup brown sugar
1/2 tsp. vanilla
1 egg
1 1/2 cups flour
3/4 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt

Preheat oven to 350°F. Cream together peanut butter and butter. Add sugars and mix well. Add vanilla and egg; beat well. Add dry ingredients and mix well. Put mixture in fridge to chill. Shape into 1-inch balls and put on ungreased cookie sheet, 2 inches apart. Flatten each ball with a fork. Bake 12 minutes. Makes 5 dozen.

PEANUT BUTTER SURPRISE COOKIES

Joanne Mahy

1 cup peanut butter, smooth or crunchy
1 cup butter
3/4 cup sugar
3/4 cup brown sugar
2 eggs
1 cup all-purpose flour
1 cup whole wheat four
1 tsp. baking soda
1/2 cup chocolate chips

Cream peanut butter and butter in large bowl. Gradually beat in sugar, brown sugar and eggs. Combine all-purpose flour, whole wheat flour and baking soda. Stir into creamed mixture. Stir in chocolate chips. Drop by spoonfuls onto cookie sheet. Flatten with fork. Bake at 350°F/180°C for 10 minutes. Makes 4 dozen.

PECAN REFRIGERATOR COOKIES

Deanna Hannabuss

1 lb. butter or margarine
1 lb. light brown sugar
2 eggs
2 tsp. vanilla
4 cups flour
1 tsp. cinnamon
1 tsp. baking powder
1 tsp. salt
1 lb. chopped pecans or walnuts

Cream butter and sugar together until light and fluffy. Beat in eggs one at a time. Add vanilla. Add dry ingredients; mix thoroughly. Stir in nuts. Chill 2 hours. Divide into six portions; shape into 1 3/4 inch rolls. Wrap in wax paper and freeze. Slice 1/4 inch thick. Bake on greased cookie sheet at 375°F for 10 minutes, until cookies are delicately brown. Makes 14 dozen.

STONE-JAR MOLASSES COOKIES

Valerie Mowat

1 cup molasses
1/2 cup shortening
1 tsp. soda
2 1/4 cups flour
1 3/4 tsp. baking powder
1 tsp. salt
1 1/2 tsp. ginger

Heat molasses to boiling point. Remove from heat. Stir in shortening and soda. Measure flour and add remaining dry ingredients to molasses mixture. Chill dough. Roll thin, 1 1/16 inches. Cut into desired shapes. Place on lightly greased baking sheets. Bake at 375°F for 5 to 7 minutes.

BUTTER SHORTBREADS

Vasanti Patel

8 oz. butter
1/2 cup icing sugar
1 1/2 cups plain flour
1 tsp. grated lemon rind

Have butter at room temperature. Combine butter, sifted icing sugar, sifted flour and lemon rind in small basin of electric mixer. Beat on low speed to combine all ingredients. Increase speed to medium and beat for 10 minutes. Spoon mixture into large piping bag fitted with star-shaped tube. Pipe small stars on lightly greased oven trays. Cook in moderate oven for 10 to 15 minutes or until golden. Stand on tray for a few minutes. Cool on wire rack.

SHORTBREAD COOKIES

Karen Alexander

1/2 lb. butter
1/2 cup icing sugar
1 tsp. vanilla
2 cups plus 2 Tbsp. flour
2 Tbsp. cornstarch

Stir butter, icing sugar and vanilla until creamy. Add flour and cornstarch. Mix until like bread dough. Roll in wax paper (make a roll). Chill for 1 hour. Slice 1/3 inch thick. On buttered pan, bake at 300°F for 10 to 15 minutes.

MELT-IN-YOUR-MOUTH WHIPPED SHORTBREAD COOKIES

Mrs. Cathy Tennant

1 cup butter
1 1/2 cups flour
1/2 cup icing sugar

Combine all ingredients, mixing well. Beat at high speed on electric mixer for 10 minutes. Drop by teaspoonful onto a cookie sheet. Bake at 350°F for 17 minutes or until the bottoms are lightly browned.

WHIPPED SHORTBREAD COOKIES

Wendy Steele

1 lb. butter, at room temperature
1 cup icing sugar
1/2 cup cornstarch
2 1/2 to 3 cups flour

In a large mixing bowl, cream butter and sugar together. Sift cornstarch and flour together. Add the cornstarch and flour mixture, 1/3 at a time, to the sugar and butter mixture. Mix with an electric beater until creamy. Bake at 325°F for 8 to 10 minutes, or until a little brown around the edges. Watch carefully! Decorate before or after baking, as desired.

LEMON CHEESE FILLING

Janice Graham

4 eggs
1/2 cup butter
2 cups white sugar
Juice from 2 large lemons and grated rind, or 1/2 cup lemon juice

Mix all ingredients together well before putting over boiling water (double boiler). Keep water simmering once it has boiled. Stir as butter melts, scraping around side of pan. Cook until it looks thick and waxy, stirring occasionally. Pour into sterilized jars. Use as lemon filling in tarts or squares.

FROZEN CHOCOLATE MINT MOUSSE

Kathy Pasztor

1 can sweetened Eagle Brand condensed milk
2/3 cup chocolate syrup
3/4 tsp. peppermint extract
1 cup whipping cream, whipped

In large bowl, combine sweetened condensed milk, syrup and extract. Fold in whipped cream. Spoon equal portions into six or eight individual parfait-type glasses. Freeze 3 to 4 hours, until firm. Garnish. Serve immediately. Return ungarnished leftovers to freezer. Makes 6 to 8 servings.

PINEAPPLE DELIGHT

Bette Van Es

1/2 cup butter
2 cups icing sugar
2 whole eggs
2 cups graham wafer crumbs
2 Tbsp. melted butter
2 Tbsp. brown sugar
20 oz. tin crushed pineapple
Whipped cream

Combine wafer crumbs, melted butter and brown sugar together. Press this mixture into an 8x12 inch pan. Now cream together the 1/2 cup butter, icing sugar and eggs, in a separate bowl. Spread this on top of the graham crumbs mixture. Cover this with the well-drained pineapple. Then cover with whipped cream. Let stand 2 hours at room temperature. Then chill overnight. Delicious!

Face the sunshine and you won't see the shadows.

PINEAPPLE DESSERT

Marie Brown

1/2 pkg. Arrowroot biscuits (1 single)
6 Tbsp. melted butter
2 eggs
1/2 cup butter
1 1/2 cups icing sugar
1/2 pt. whipping cream
2 Tbsp. icing sugar
15 oz. can crushed pineapple

Crush biscuits. Take 2/3 of them and mix with melted butter. Press into 9x9 inch greased pan. Beat together very well eggs, 1/2 cup butter and 1 1/2 cups icing sugar. Spread over crumb mixture. Refrigerate overnight. Next day, whip whipping cream and 2 tablespoons icing sugar. Fold in drained crushed pineapple. Spread on mixture in pan. Sprinkle on remaining crumbs. Serve immediately or refrigerate until needed. Enjoy!

ANGEL PIE

Judy Potter

5 egg whites
1/4 tsp. cream of tartar
1 cup sugar
5 egg yolks
1/2 cup white sugar
1/2 tsp. lemon rind
3 Tbsp. lemon juice
1 pkg. Dream Whip

Beat egg whites until foamy. Add cream of tartar and beat until stiff. Gradually add 1 cup sugar and beat. Put in large buttered and floured pie plate and bake in slow oven, 275°F, for 40 to 45 minutes. Cool.

Filling: Beat yolks stiff; add 1/2 cup white sugar, lemon rind and lemon juice. Cook in double boiler until stiff. Whip Dream Whip. Cover bottom of shell lightly with Dream Whip. Add 1 large tablespoons of whipped cream to cold lemon mixture. Spread on top of egg whites. Top with remainder of Dream Whip. Chill.

CHERRY CHEESE PIE

Debbie Pooler

1 pkg. Dream Whip
1 (8 oz.) pkg. cream cheese
1/2 cup sugar
1 can cherry pie filling
1 graham cracker crust

Prepare Dream Whip as directed on package. Blend cream cheese and sugar until creamy. Blend in Dream Whip. Pour into unbaked graham cracker crust. Top with cherry or blueberry pie filling. Chill 2 hours or more.

BLUEBERRY PIE

K. Chivers

1 double crust 9-inch pie pastry
4 cups fresh blueberries
3/4 to 1 cup white sugar
3 Tbsp. all-purpose flour
1/2 tsp. grated lemon rind, optional
1/2 tsp. ground cinnamon
Dash of salt

Combine berries, sugar, flour, lemon rind, cinnamon and salt. Turn into pie shell. Sprinkle with 1 teaspoon lemon juice and dot with 1 tablespoon butter. Slit top crust; seal and bake at 400°F for 35 to 40 minutes.

COCONUT PIE

Esther Steeds

1/3 cup margarine or butter
1 small pkg. vanilla pudding, not instant
1/2 cup heavy whipping cream
15 large marshmallows, cut up
2 cups shredded coconut
Bananas

Melt margarine or butter in skillet over medium heat. Stir in coconut and cook, stirring frequently, until golden brown. Press into 9-inch pie plate to form a crust. Chill. Prepare vanilla pudding mix as package (except use 1 3/4 cups milk when preparing pudding). Cover with waxed paper and chill. Fold in whipped cream and cut up marshmallows; add to pudding mix. Pour 1/2 mixture into crust. Cover with bananas, then pour remainder of pudding mix over bananas. Decorate top with some of the toasted coconut. Chill several hours.

SOUTHERN PECAN PIE

K. Chivers

3 eggs
2/3 cup sugar
Dash of salt
1 cup dark corn syrup
1/3 cup melted butter
1 cup pecan halves
1 (9-inch) unbaked pastry shell

Beat eggs thoroughly with sugar, salt, corn syrup and melted butter. Add pecans. Pour into unbaked pastry shell. Bake at 350°F for 50 minutes or until knife inserted halfway between outside and centre comes out clean.

CRANBERRY PIE

Sue Haardeng

Crust:
1 1/4 cups all-purpose flour
2 Tbsp. light brown sugar
1/2 tsp. salt
1/3 cup solid vegetable shortening
4 to 5 Tbsp. cold water
Filling:
3 1/2 cups raw cranberries
1/2 cup firmly packed light brown sugar
1/2 tsp. grated orange peel
1/2 cup orange juice
1/2 cup plus 1 Tbsp. sugar
1/3 cup water
1/4 cup cornstarch
2 oranges, peeled and coarsely chopped
1/2 cup heavy cream

Part I: In medium bowl, combine flour, brown sugar and salt. Cut in shortening until mixture resembles coarse crumbs. Add water, 1 tablespoon at a time, with fork, until mixture just holds together. Roll out dough on lightly floured surface. With lightly floured rolling pin, roll into 11-inch circle. Fit into 9-inch pie plate, trim and flute edges.

Part 2: Preheat oven to 375°F. In medium saucepan, combine cranberries, brown sugar, orange peel, orange juice and 1/2 cup sugar. Bring to boil over high heat. Reduce heat and simmer, stirring occasionally, until skins pop on cranberries. Combine water and cornstarch. Add to saucepan, stirring constantly until thick. Remove from heat. Stir in oranges. Fill pie crust. Bake 40 minutes. Cool 1 hour on wire rack. Chill 2 hours. Beat cream and 1 tablespoon of sugar until stiff. Spoon on pie before serving.

IMPOSSIBLE PIE

Christine Vickers

4 eggs
1 cup sugar
1 cup shredded coconut
1/2 cup soft margarine
1/2 tsp. nutmeg
1/2 tsp. vanilla
1/2 cup flour
2 cups milk

Put all ingredients in blender; blend well. Pour into well-greased pie plate or square Pyrex dish. Bake at 350°F for about 45 minutes. The flour forms the bottom crust.

GRAHAM CRACKER PUDDING

Sandra Stokes

Eagle Brand condensed milk
2 eggs
1 1/4 cups graham crackers, finely rolled
2 Tbsp. lemon juice

Add all ingredients together. Stir; place in fridge for 1 hour, covered. Stir again before serving.

FLUFFY TAPIOCA PUDDING

Jean Pawlek

1 qt. milk
1/4 cup quick-cooking tapioca
1/2 cup sugar
1/4 tsp. salt
3 slightly beaten egg yolks
1 1/2 tsp. vanilla
3 stiffly beaten egg whites

Combine milk, tapioca, sugar and salt; let stand 5 minutes. Add egg yolks. Bring quickly to boil, stirring constantly. Remove from heat. Mixture will be thin. Add vanilla. Put about 1/3 of the beaten egg whites in large bowl. Slowly stir in the hot mixture. Fold in remaining egg whites, leaving little "pillows" of egg whites. Chill. Pile into sherbets. Top with currant jelly. Serves 8 to 10.

STEAMED CRANBERRY PUDDING

Margaret Lewis

1 cup cranberries
3/4 cup granulated sugar
1/2 cup butter
2 eggs
1 Tbsp. grated orange rind
1 1/2 cups all-purpose flour
Pinch of salt
2 Tbsp. milk
1 1/2 tsp. baking powder

Chop cranberries into small pieces. Toss with 1/4 cup of sugar and set aside. Cream together butter and remaining sugar. Beat in eggs, one at a time. Add orange rind. Combine flour, baking powder and salt. Add alternately with milk to creamed mixture. Stir in cranberries. Turn batter into 6-cup pudding mould or heavy bowl. Cover tightly with lid or foil. Place in steamer or saucepan. Add boiling water to halfway up sides of mould. Cover tightly and steam, adding more water if needed, for 1 1/2 hours or until tester inserted in centre comes out clean. Serve with favourite sauce.

OLD TIME RICE PUDDING

Jean Pawlek

1/2 cup rice
1 qt. milk
1/2 cup sugar
1/2 tsp. salt
1 tsp. grated lemon peel
1/2 cup seedless raisins

Combine rice, milk, sugar and salt; pour into buttered 1 1/2 quart baking dish. Bake in slow oven (300°F) for 1 hour, stirring occasionally. Add lemon peel, nutmeg and raisins. Continue baking 1 1/2 to 1 3/4 hours. (Instead of granulated sugar, 2/3 cup brown sugar may be used.) Makes 6 servings.

PERFECT BREAD PUDDING

Jean Pawlek

2 1/4 cups milk
2 slightly beaten eggs
2 cups (1-inch) day old bread cubes
1/2 cup brown sugar
1/2 tsp. cinnamon
1 tsp. vanilla
1/4 tsp. salt
1/2 cup seedless raisins

Preheat oven to 350°F. Combine milk and eggs; pour over bread cubes. Stir in remaining ingredients. Pour mixture in 8-inch round baking dish. Place in shallow pan on oven rack. Pour hot water around it, 1-inch deep. Bake at 350°F about 45 minutes or until knife inserted halfway between centre and outside comes out clean.

BEST EVER BROWNIES

Natalie Aulenback

2 squares unsweetened chocolate
1/2 cup butter or margarine
2 eggs
1 cup sugar
1/2 tsp. vanilla
1/2 cup sifted flour
1/8 tsp. salt
1 cup chopped walnuts

Melt chocolate with butter in a small saucepan. Beat eggs until foamy in a large bowl; beat in sugar gradually until fluffy-thick. This will take about 10 minutes. Stir in vanilla and chocolate mixture, then fold in flour, salt and walnuts. Spread in a greased baking pan, 8x8x2 inches. Bake in 350°F oven for 30 minutes or until shiny on top. Cool completely. These are fudgy inside.

MIRACLE BARS

K. Chivers

Base:
1 1/2 cups crushed graham wafers
1 cup coconut
1/2 cup chopped walnuts
1/2 cup margarine or butter
1/4 cup white sugar
5 Tbsp. cocoa
1 tsp. vanilla
1 egg
Centre Layer:
1/4 cup margarine or butter
3 Tbsp. cold milk
2 Tbsp. vanilla custard powder
2 cups icing sugar
Topping:
4 squares semi-sweet chocolate
1 Tbsp. butter

Base: Mix together crushed graham wafers, coconut and chopped walnuts. Melt margarine and add to it the sugar, cocoa, vanilla and egg. Add this mixture to graham wafer mixture and press into 8x8 inch pan. Refrigerate for 15 minutes.

Centre Layer: Cream margarine. Add cold milk to custard powder. Add this mixture to creamed margarine. Mix in icing sugar. Spread on top of first layer. Refrigerate for 15 minutes.

Topping: Melt chocolate and add butter; stir well. Spread on top of last layer. Cut into squares immediately and refrigerate.

DOWN EAST BROWNIES

Audrey Pirie

1/4 cup cocoa
1 cup hot water
3/4 cup margarine
1 cup brown sugar
1 cup white sugar
2 eggs
2 1/2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1/2 cup sour milk
1 tsp. vanilla
Pinch of salt
1 cup chocolate chips

Mix cocoa in hot water; add butter and stir well. Add sugar and eggs, then add dry ingredients with sour milk and vanilla. Stir with spoon until well blended. Spray cookie sheet with Pam. Spread brownie mix evenly. Top with 1 cup chocolate chips. Bake at 325°F for 40 to 45 minutes, until toothpick comes out clean. Freezes well.

There is no cosmetic for beauty like happiness.

BUTTERSCOTCH SQUARES

Doris Munroe

1 cup brown sugar
1 cup coconut
1/2 cup butter or margarine
2 tsp. baking powder
1 egg
Pinch of salt
1 cup flour
1 tsp. vanilla

Melt butter, sugar, add egg over low heat in a medium size pot. Add remaining ingredients and stir (will be quite thick). Then spread into 8x8 inch greased pan and bake at 350°F for 25 minutes or golden brown. Can be frosted, if you wish, with a plain white frosting.

EAGLE BRAND SQUARES

Heather Cameron

25 graham wafers
1 square butter
2 tsp. white sugar
2 cups coconut
1 can Eagle Brand milk
1 tsp. brown sugar
1 tsp. vanilla

Mix together first three ingredients; press in 8-inch pan. Bake about 5 minutes in 350°F oven. Mix together remaining ingredients and pour over baked crumb mix. Return to oven until light brown, approximately 25 minutes. Cool and frost with chocolate icing.

GRANNY'S DREAM CAKE

Mrs. Cathy Tennant

Base:
1 cup flour
2 tsp. icing sugar
1/2 cup butter
Filling:
2 eggs
2 cups brown sugar
1/4 tsp. baking powder
1 cup chopped walnuts
1 cup flaked coconut
1/2 tsp. vanilla
1/2 Tbsp. flour
1/4 cup chopped maraschino cherries

Base: Mix together flour, icing sugar and butter. Spread out mixture into a greased square cake pan. Bake 10 minutes in preheated 325°F oven. Cool slightly.

Filling: Combine in a medium size bowl eggs, brown sugar, baking powder, flour, walnuts, coconut, vanilla and cherries (optional). Pour mixture over base and bake 20 to 25 minutes. Cool and ice with an icing mixture of icing sugar and milk. Cut into serving-size pieces.

CHOCOLATE BROWNIES

Debbie Taylor

2 squares unsweetened chocolate
1/3 cup shortening
1 cup white sugar
2 eggs
1/2 tsp. baking powder
1/2 tsp. salt
3/4 cups flour

Preheat oven to 350°F. Grease 8-inch pan. Put chocolate in mixing bowl, then put in microwave until chocolate melts. Beat in sugar, baking powder and salt. Then add 1 egg and half of the flour; beat well. Then add other egg and rest of flour. Then mix well.

CHOCOLATE SQUARES

Mrs. Chhinder Kalirae

1 cup whole meal flour
1 cup sugar
6 oz. butter
1 cup coconut
2 tsp. cocoa
1 tsp. baking powder
1 cup oats
Pinch of salt

Cream butter and sugar well, then add dry ingredients. Mix well and press into large flat pan. Bake in a 350°F oven for 25 to 30 minutes. Ice while hot and cut into squares when cold.

DEREK'S RICE KRISPIES SQUARES

Janice Graham

1/4 cup margarine
32 large marshmallows
5 cups Rice Krispies
1 tsp. vanilla

Melt margarine in large saucepan. Add marshmallows; melt. Remove from heat. Add vanilla. Add cereal. Press into 8x8 inch greased pan. Cool, then cut.

DONNY'S PEANUT SQUARES

Deanna Hannabuss

1/2 cup butter
1/2 cup corn syrup
1 cup brown sugar
1 tsp. vanilla
1/2 cup peanut butter
2 cups Corn Flakes
2 cups Cheerios
1/2 cup peanuts

Melt butter, syrup and sugar. Remove from heat. Add vanilla and peanut butter; stir until smooth. Add Corn Flakes, Cheerios and peanuts. Press into 9x9 inch pan. Refrigerate.

OATMEAL-APPLE SQUARES

Joan Biley

3/4 cup whole wheat flour
3/4 cup rolled oats
1/4 tsp. baking soda
1/4 cup butter
1/4 cup honey
3 apples
1/4 cup water
1 oz. honey
1/2 cup chopped nuts
1 tsp. cinnamon

Mix flour, oats and soda. Cut in butter and blend until crumbly. Stir in honey. Spread half the mixture in bottom of greased loaf pan. Chop apples; mix with water and honey. Bring to a boil and simmer, stirring constantly, 5 minutes. Remove from heat and stir in nuts and cinnamon. Spread over oat mixture in pan. Spread remaining oat mixture on top. Bake for 40 minutes at 350°F. Serves 6.

PEPPERMINT SQUARES

Marion Grant-Hose

Base:
1/2 cup butter
2 eggs
1 cup white sugar
1 tsp. salt
1/2 tsp. peppermint extract
2 squares unsweetened chocolate
1/2 cup flour

Second Layer:
1 cup icing sugar
1 heaping Tbsp. butter
1 Tbsp. milk or cream
1 Tbsp. peppermint extract
Few drops green food colouring, optional

Top Layer:
2 squares semi-sweet chocolate
2 Tbsp. butter

Base: Melt butter and chocolate. Remove from heat and add beaten eggs and beat well. Add sugar, peppermint, flour and salt. Beat well. Pour into greased 9x9 inch pan. Bake at 350°F for 20 minutes. Cool.

Second Layer: Mix sugar and butter until smooth. Add remaining ingredients and mix well. Spread on first layer (base) and cool until set.

Top Layer: Melt together chocolate and butter. Cool and drizzle over second layer.

CHOCOLATE CHIP BARS

Barbara Stefanski

1/2 cup softened butter or margarine
3/4 cup packed brown sugar
1 egg
1 Tbsp. milk
1 tsp. vanilla
1 cup all-purpose flour
1/2 tsp. baking powder
1/8 tsp. baking soda
1/8 tsp. salt
6 oz. pkg. semi-sweet chocolate pieces

Cream softened butter or margarine and brown sugar. Add egg, milk and vanilla; beat well. Stir together flour, baking powder, baking soda and salt. Add to creamed mixture; beat well. Stir in chocolate pieces. Spread in greased 9x9x2 inch baking pan. Bake at 350°F for 30 to 35 minutes. Cool; cut into bars.

FILL 'EM WITH WHATEVER YOU WANT SQUARES

Janice Graham

Part I:
1/2 cup butter
2 Tbsp. sugar
1 cup flour
4 Tbsp. jam, any kind

Part II:
1 1/2 cups coconut
1 cup white sugar
1 egg
2 Tbsp. butter, melted
1 tsp. vanilla

Mix first three ingredients in a bowl. Pat into bottom of lightly greased 8x8 inch cake pan. Bake at 325°F 15 minutes. Cool; spread lightly with jam or lemon cheese filling. In bowl mix ingredients for Part II. Spread on top of jam. Bake at 350°F for 25 minutes. Cut while warm. Can be doubled to fit 9x13 inch pan.

KEVIN'S BUTTER TART BARS

Janice Graham

Part I:
1/2 cup margarine
1/3 cup packed brown sugar
1 1/4 cups flour
Part II:
2 eggs
1 1/4 cups packed brown sugar
3/4 cup corn syrup
4 Tbsp. melted butter
1 cup raisins
1 tsp. vanilla
1/4 tsp. salt

Crumble all ingredients for Part I. Press into ungreased 9x9 inch pan. Bake at 350°F for 10 minutes. Mix Part II ingredients in a bowl. Pour over Part I and bake at 350°F for 35 minutes. Part II is excellent for butter tarts.

HONEY CHEESE BAR

Linda Vracar

Cookie Base:
1 tsp. vanilla
3/4 cup soft butter (1/2 shortening)
3/4 cup sifted icing sugar
3 egg yolks
1 1/2 cups flour, sifted
Filling:
1 can cherry pie filling

Topping:
16 oz. cottage cheese
1 cup sour cream
3 Tbsp. flour
1 tsp. salt
1/3 cup liquid honey
1 Tbsp. lemon juice
4 eggs
1 tsp. vanilla

Cookie Base: Cream all ingredients and press into 9x12 inch pan. Bake for 15 minutes at 350°F. Cool for 5 minutes. Spread pie filling over the top of base.

Topping: Beat together cheese, sour cream, honey, lemon juice and salt until creamy; add eggs one at a time. Then add flour and vanilla; pour over base. Bake for 1 hour or until topping sets in the centre. Refrigerate overnight before cutting into squares. Enjoy.

BUTTER TARTS

Liz Rockall

1/2 cup brown sugar
1/4 cup corn syrup
3 Tbsp. soft butter
1 egg, beaten
1 tsp. vanilla
1 tsp. vinegar
1/8 tsp. salt
1/2 cup raisins and nuts

Mix all ingredients together. Place in unbaked pastry shells. Bake at 425°F for 8 minutes, then at 350°F for 20 minutes.

BUTTER TARTS

Patricia Tombs

1/2 cup raisins
1/4 cup butter
1/2 cup brown sugar, packed
1/4 tsp. salt
1/2 cup corn syrup
1 egg, beaten
1 tsp. vanilla

Soak raisins in boiling water for 5 minutes. Combine butter and brown sugar until smooth. Add salt. Blend in corn syrup and beaten egg. Add vanilla and drained raisins. Fill 12 tart shells 3/4 full. Bake 15 to 20 minutes in 450°F oven.

BROKEN GLASS

Lynne Reed

1 (3 oz.) pkg. each orange, lemon, lemon lime and cherry Jello
1 (3 oz.) pkg. lemon Jello, dissolved in 1 cup pineapple juice
2 cups whipped cream
1 1/2 cups graham wafer crumbs
1 tsp. vanilla
1/2 cup sugar
1/2 cup melted butter or margarine

In separate pans, dissolve each of the 4 packages of Jello in 1 1/2 cups boiling water for each package. Chill until firm. Dissolve the other lemon Jello in pineapple juice and cool. Fold in whipped cream. Cut the four pans of the flavoured Jello gelatin into cubes and fold into whipped cream mixture.

Combine graham wafer crumbs with vanilla, sugar and melted butter or margarine. Cover 9x13 inch pan with half crumb mixture. Pour in whipped cream mixture with the cubed Jello. Top with remaining crumb mixture. Refrigerate until serving time. Best made and refrigerated overnight. Yield: 15 servings.

FIZZ

Brenda Booker

1 (4 serving size) pkg. Jello, any flavour
3/4 cup boiling water
1/2 cup cold water
8 ice cubes
1 banana, sliced

Dissolve gelatin in boiling water. Combine cold water and cubes to make 1 1/4 cups. Add to gelatin, stirring until slightly thickened. Remove unmelted ice. Place banana slices in dessert glasses. Measure 1 cup of gelatin; spoon over banana slices. Whip remaining gelatin with electric mixer until fluffy, thick and about doubled. Pour over clear gelatin in glasses. Chill about 1 hour.

EXTRA RECIPES

Canning

SPICE GUIDE

Keep spices in tightly covered containers, in a cool dry place. After about a year spices tend to lose flavor so more may be needed for seasoning. Spices should enhance, not overpower, the flavor of food; always use moderation and taste before adding more. Overheating can cause spices to turn bitter. During lengthy cooking add spices during last half hour of cooking time. Usually 1 teaspoon of dried herb equals 1 tablespoon of fresh.

Allspice: Flavor a blend of cinnamon, cloves, nutmeg. Meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, fruit preserves, cakes, cookies and pastries.

Anise: Licoricelike flavor. Meat and poultry dishes, vegetables, fruits, cakes, cookies, candies.

Basil: Pungent, sweet aroma. Broiled and roasted meats and poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, dressings, stuffing and sauces.

Bay leaf: Strong flavor. Stews, soups, vegetables, pickles, gravies, sauces, marinades.

Caraway: Sweet, slightly sharp flavor. Meat loaves and stews, bread, potroasts, vegetables, salads, cheese spreads, dips, sauces

Cardamom: Pungent, aromatic seed. Breads, pastries, cookies, fruits, meats, poultry, fish.

Cayenne: Red pepper, very hot. Meats, seafoods, egg and cheese dishes, soups, sauces, dips, spreads, French dressing.

Celery Salt or Seed: Tangy, celery taste. Meat, fish, stews, cheese or egg dishes, sauces, spreads, dressings, stuffings.

Chili Powder: Hot, peppery blend of herbs and spices. Spanish or Mexican dishes, bean and rice dishes, barbeque and cocktail sauces, spreads, dressings, dips, egg dishes, vegetables.

Chives: Sweet, delicate onion flavor. Fish, poultry, egg or cheese dishes, vegetables, soups, salads, dressings.

Cinnamon: Sweet, spicy aroma. Breads, cookies, cakes, desserts, pastries, beverages, sauces, vegetables.

Cloves: Strong, spicy-sweet aroma. Pork and lamb dishes, barbeque sauce, pickles, relishes, fruits, breads, cakes, cookies, desserts.

Coriander: Flavor like sage and lemon rind. Curries, stews, pickles, bean and rice dishes, breads, cookies and gingerbread, cakes.

Cumin: Strong, slightly bitter, lemon flavor. Spanish, Mexican and Eastern dishes, stews, pickles, tomato dishes.

Curry powder: A blend of many spices; warm and sharp to hot and spicy. Meat, poultry, seafood, egg and cheese dishes, soups, sauces, seafood salads, dips, cheese spreads, rice dishes.

Dill Weed or Seed: Mild, slight caraway like flavor. Meats, poultry, fish, seafood, stews, soups, salads, sauces, dressings, dips, pickles, breads, egg dishes.

Ginger: Pleasant odor, pungent taste. Oriental dishes, meats, poultry, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, cookies, pies, cakes, desserts.

Mace: Like nutmeg. Veal, fish, stews; egg, cheese and vegetable dishes, soups, sauces, cakes, cookies.

Marjoram: Spicy, sweet aroma. Roasted meats and poultry, fish and seafood, egg dishes, stews and casseroles, soups, vegetables, salads, gravies, sauces.

Mint: Spicy and cool. Roast lamb and beef, vegetables, sauces, relishes, jelly, salads, fruits, beverages.

Mustard: Pungent taste. Pickles, relishes, salad dressings, sauces, dips, egg dishes, marinades, pork and ham, corned beef.

Nutmeg: Warm, sweet, spicy flavor. Vegetables, egg dishes, beverages, breads, cookies, cakes, desserts, sauces.

Oregano: Strong and aromatic. Italian dishes, pizza and pasta, broiled and roasted meats and poultry, fish and seafood, stews and casseroles, egg dishes, tomato sauces, soups, vegetables, salads, salad dressings.

Paprika: Varies from mild, slightly sweet to hot; adds color to many dishes. Meats, poultry, salad dressings, dips, vegetables, soups and salads.

Parsley: Mild flavor. Brings out the flavor of most non-sweet foods. Popular as a garnish.

Poultry Seasoning: Like sage but milder. Poultry, stuffings, biscuits.

Rosemary: Sweet, spicy, pinelike fragrance. Roasted meat and poultry, fish, stews, casseroles, stuffings, salads, breads, egg dishes.

Saffron: Strong aroma, slightly bitter. Poultry, fish and seafood, rice, breads, cooking, cakes.

Sage: Strong, slightly bitter. Roasted meats and poultry, fish, stuffings, vegetables, cheese dishes, salads, gravies, sauces.

Savory: Pleasant, peppery aroma. Meat, poultry and egg dishes, fish stuffings, salads, soups, gravies, sauces.

Sesame seed: Mild, nutlike flavor. As a garnish on bread, rolls, cookies, green salad.

Tarragon: Mild, licoricelike flavor. Roasted or broiled meats and poultry, fish, stews, vegetables, salads, sauces.

Thyme: Strong, pungent flavor. Roasted meats and poultry, fish, stews, vegetables, salads, sauces.

Tumeric: Aromatic, slightly bitter, pepperlike flavor. Curry dishes, pickles, relishes, salad dressings, dips.

STRAWBERRY-RHUBARB JAM

Elsie Anderson

1 qt. strawberries
1 qt. rhubarb
Juice and rind of 1 orange
6 cups sugar

Wash and hull strawberries. Wash and cut rhubarb in 1-inch pieces. Place all fruits in a kettle with tight-fitting lid. Cook to boiling point (this will extract juices). Add sugar and stir to dissolve. Boil until the mixture is clear. Pour into jars and seal.

FREEZER JAM

Anne Heddle

Peach, Cherry or Strawberry

3 cups mashed fruit
5 cups sugar
1 pkg. powdered pectin
1 cup water

*For peach jam, add 3 tablespoons lemon juice. For cherry, add 2 teaspoons lemon juice.

Method is the same for all three jams (except when adding the lemon juice to the cherries or peaches). Place mashed fruit in a large bowl; add sugar, mixing well. Allow to stand for 20 minutes, stirring occasionally. Combine pectin and water in a saucepan. Bring to a boil and boil for 1 minute. Add pectin mixture to fruit and stir for 3 minutes. Pour into jars, allowing 1/2 inch head room for expansion. Let stand 24 hours, then store in freezer until needed.

RHUBARB JAM

Wendy Steele

15 cups diced, uncooked rhubarb
5 1/2 cups sugar
2 (6 oz.) pkg. strawberry jelly powders

Boil rhubarb and sugar 20 minutes. Remove from heat and add jelly powders. Mix thoroughly. Pour into hot sterilized jars and seal.

FREEZER BREAD & BUTTER PICKLES

Elsie Anderson

3 large cucumbers, sliced thin, do not peel
1 medium onion, sliced thin
1 tsp. salt
3/4 cup white sugar
1/4 cup white vinegar
1 Tbsp. pickling spice
1/4 tsp. turmeric
1/4 tsp. celery seed

Combine cucumbers and onions. Mix with salt. Place in refrigerator for 2 hours. Drain thoroughly; do not rinse. Mix sugar and vinegar in pot. In cheesecloth bag place spices, turmeric and celery seed; add to sugar and vinegar. Heat but do not boil. Let cool 5 minutes and pour over vegetables. Let stand 10 minutes. Pack and freeze.

BREAD AND BUTTER PICKLES

Beverly Dunnett

16 cups sliced cucumbers
7 cups sliced white onions
1/2 cup salt
4 cups malt vinegar
6 cups white sugar
1 1/2 Tbsp. celery seed
1 1/2 tsp. turmeric
1/2 tsp. white pepper
2 Tbsp. mustard seed

Cover cucumbers, onions and salt with ice; let sit overnight, then drain. Bring to a boil remaining ingredients. Boil for 10 minutes, then add drained cucumbers and onions. Bring to boil. Bottle pickles and seal in glass jars.

DILL PICKLES

Elsie Anderson

4 qt. cucumbers, 3 to 5 inches long, about 4 lb.
Fresh dill
6 Tbsp. pickling salt
2 cups white vinegar
6 cups water

Wash cucumbers and soak overnight in cold water; drain. Place pieces of dill in the bottom of clean jars. Pack cucumbers and place more dill on top. Combine water, salt and vinegar. Bring to boil and pour hot liquid over cucumbers. Seal and let stand in cool place at least 6 weeks before using. If desired, a small piece of garlic may be added to each quart. Yield: 4 quarts.

GREEN RELISH

Margaret Lewis

9 large cucumbers, peeled
6 large onions
2 green peppers
1 red pepper
1 medium cauliflower
1/4 cup pickling salt
2 1/2 cups cold water
3 cups white sugar
1/2 cup flour
3 Tbsp. dry mustard
1 1/2 tsp. turmeric
1 1/2 tsp. mustard seed
1 1/2 tsp. celery seed
4 cups white vinegar
1 cup water

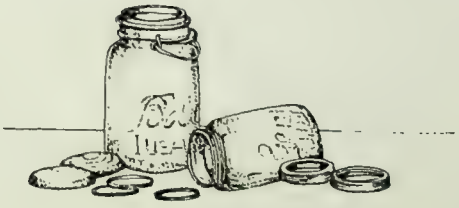
Chop cucumbers, onions, peppers and cauliflower. Place in large container. Add salt and 2 1/2 cups water. Let stand overnight. In blender, mix flour, mustard, turmeric, mustard seed and celery seed with 1 cup water. Add to vinegar and sugar in large pot. Bring to boil and add well drained vegetables. Simmer about 1/2 hour. Food colouring may be added. Bottle.

HOT DOG RELISH

Elsie Anderson

8 large cucumbers, peeled and seeded
18 green tomatoes
6 large onions
4 green peppers
2 sweet red peppers
1 hot pepper
About 1 Tbsp. coarse pickling salt
White vinegar
1 bunch celery, chopped
5 cups white sugar
1/2 cup flour
2 Tbsp. dry mustard
1 tsp. turmeric

Grind all vegetables except celery. Sprinkle with salt and let stand overnight. Then drain and add enough vinegar to cover. Add chopped celery and sugar. Heat to boiling point and simmer 20 minutes. Stir frequently as it tends to scorch. Mix remaining ingredients with a little water and add. Boil 10 minutes longer, bottle and seal. Yield: 10 to 12 pints. Green food colouring can be added at the end, if so desired.



EXTRA RECIPES

Extra Special

FANCY PARTY SANDWICHES

For mixed receptions and parties, allow 2 slices bread or 3 to 4 small sandwiches per person*

For ladies tea parties or showers, allow 1 to 1½ slices bread or 2 to 3 small sandwiches per person*

Bread: Approximate number of slices (crusts removed) from loaves

Bread	¾-inch slices	½-inch slices
16-ounce loaf	20	16
20-ounce loaf	22	18
24-ounce loaf	25	22

Butter: Allow ¼ lb. per 24-ounce loaf.

Filling: To make filling for one 24-ounce loaf allow:

2½ cups chopped meat or poultry
12 hard-cooked eggs
¾ lb. thinly sliced meat or cheese
10 to 12 ounces peanut butter or jam
¾ lb. cream or soft cheese
2-7 oz. tins fish

— Use about 2-3 large loaves of bread to make small sandwiches (depending on the size of sandwiches for 50 people).

— Make various fancy shaped, checkerboards, ribbon, pinwheel, wagon wheel and roll-up sandwiches.

— Use flavored butters and attractive garnishes.

— For rolled sandwiches, use bread that is very fresh, so that slices will not crack when rolled.

— Chill bread to facilitate slicing thinly.

— Soften butter and beat it until soft and fluffy, to make it easy to spread.

— Prepare sandwiches in advance, wrap tightly in wax paper and refrigerate before slicing.

*depending on what other food is being served, age group, time of day, etc.

MICROWAVE COOKING HINTS

To speed cooking and promote even heating, use the following techniques:

- Stir food during cooking to bring the heated outside parts of the food to the center.
- Turn food over when microwaving small items like hamburgers or chops or when defrosting.
- Rearrange foods or individual items during cooking to promote even heating.
- Allow standing time to complete the cooking of roasts and baked products.
- Shield wings or legs of poultry with small pieces of aluminum foil to prevent overcooking of these parts.
- Cover foods to hold in moisture and speed cooking.
- Arrange food in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the center and thicker pieces toward the outside.
- Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
- Select foods or pieces of the same size and shape because small items cook faster than large ones.
- Food at refrigerator temperature takes longer to cook than food at room temperature.
- Dense foods take more time to heat than light or porous foods.

EXTRA SPECIAL

Microwave

MICHELLE'S BACON BARBER POLES

Sandra Stokes

Toaster
Cutting board
Table knife
Ruler
Kitchen scissors
Microwave bacon rack or plate
White paper towels
Hot pads
Tongs
2 slices bacon
1 slice whole wheat or white bread

Toast the bread in a toaster. On a cutting board, use a table knife and a ruler to cut into 1-inch wide sticks, making four sticks. Use kitchen scissors to cut each slice of bacon lengthwise into two strips, making four strips. Wrap 1 bacon strip around each toast stick in a spiral. Put the toast sticks onto a non-metal bacon rack or a white paper towel on a non-metal plate. Cover with a white paper towel. Place in the microwave oven; set on full or high (100%) power. Set the timer for 1 minute. Start oven. After 1 minute, use hot pads and tongs to turn sticks over. Microcook, covered, on high for 1 minute more. If bacon is not crisp, microcook, covered, on high 20 seconds to 1 minute more. Makes 4.

CRAB DIP

Karen Arnold

1 (6 oz.) can crab meat
1 (8 oz.) pkg. cream cheese
1 tsp. lemon juice
1/2 tsp. Worcestershire sauce
2 Tbsp. white wine
2 Tbsp. horseradish
1/2 cup slivered almonds, optional
2 green onions
1 Tbsp. parsley flakes
1/2 cup mayonnaise

Mike cream cheese 2 to 3 minutes on Medium High. Add remaining ingredients and microwave 4 to 6 minutes on Medium High. Serve hot or cold, with raw vegetables or crackers.

CHICKEN NUGGETS

Sandi Revoy

1 lb. boneless chicken
1 pkg. Shake 'n Bake

Cut 1 pound (500 grams) of boneless chicken into bite-size pieces. Coat with 1 package of Shake 'n Bake. Microwave, covered with wax paper, on High for 3 to 5 minutes. Let stand for 2 minutes. Serve with dipping sauces.

CHEESE SAUCE

K. Chivers

2 Tbsp. butter or margarine
2 Tbsp. flour
1/2 tsp. salt, optional
1 cup milk
3/4 to 1 cup grated cheddar cheese

Set power to Medium. In small glass bowl, heat butter 1/2 to 3/4 minute or until melted. Stir in flour and salt. Gradually add milk, stirring until smooth. Heat 5 to 6 minutes or until sauce is thickened, stirring every 30 seconds. Stir in cheese. Heat an additional minute, if necessary, to completely melt cheese. Makes 1 cup.

CHICKEN CORDON BLEU IN THE MICROWAVE

Terri Kosh

6 boneless chicken breasts
6 slices mozzarella cheese
6 slices Black Forest ham
3/4 cup butter
1 cup bread crumbs
Salt and pepper

Wash, dry and pound flat each chicken breast. Place one slice of Black Forest ham and then one slice mozzarella cheese on top of each chicken breast. Roll each chicken breast up. Place a couple of toothpicks in rolled up ball, if necessary to hold together.

Meanwhile, melt butter in rectangular glass dish and add 1 teaspoon salt and pepper. Place bread crumbs on a plate. Take each chicken roll, roll in melted butter, roll in bread crumbs and place back in glass pan. When all are completed and placed in glass dish, place in microwave with a paper towel over the pan (to catch the splatters). Microwave on High for 12 minutes (2 minutes per breast). Serve.

Friends are made by many acts - and lost by only one.

CHICKEN CACCIATORE

Jean Robertson

2 Tbsp. butter
1 medium onion
1 medium garlic, minced
1 dried oregano leave
3 lb. chicken breasts
16 oz. cooking sauce or spaghetti sauce

Combine butter, onion, garlic and oregano in baking dish. Cover with vented plastic wrap and cook at high power for 5 minutes. Coat chicken in mixture. Arrange pieces in dish. Cover with sauce and cook. Cover with vented wrap for 12 minutes. Turn pieces over and re-cover. Microwave on high again for 12 to 14 minutes longer. Let stand covered 5 minutes. Serve over cooked spaghetti. Sprinkle with Parmesan cheese.

CHICKEN PARMESAN

K. Chivers

2 boneless chicken breasts, skinned, split and pounded thin (1 to 1 1/4 lb.)
3/4 cup seasoned bread crumbs
1/4 cup grated Parmesan cheese
1/4 tsp. paprika
1 egg, beaten with 1/4 cup water
2 Tbsp. oil
1 (8 oz.) can tomato sauce
Oregano
1 cup (4 oz.) shredded mozzarella cheese

Dip chicken in bread crumbs mixed with Parmesan cheese and paprika, then in egg, and again in bread crumb mixture. Coat bottom of oblong baking dish with 1 tablespoon oil. Place chicken in dish; sprinkle with remaining oil. Heat 2 to 2 1/2 minutes on High. Turn chicken over and heat an additional 2 to 2 1/2 minutes. Top with tomato sauce and season with oregano. Heat 3 1/2 to 4 1/2 minutes or until sauce is hot. Sprinkle with mozzarella cheese and let stand 5 minutes or until cheese is melted. Makes 4 servings.

CHILI 'N RICE CASSEROLE

Marc Stokes

1 lb. ground beef
1 cup chopped green pepper
1 cup chopped onion
1 clove garlic, finely chopped
Water
1 (16 oz.) can whole tomatoes, chopped and drained, reserve liquid
1 (15 oz.) can tomato sauce
1 cup rice
2 to 3 Tbsp. chili powder
1 tsp. salt

In 4-quart casserole dish, crumble ground beef. Stir in green pepper, onion and garlic. Heat on High 4 1/2 to 5 1/2 minutes or until beef is browned and onion is tender, stirring twice. Drain. Add enough water to reserved liquid to equal 2 cups; add to beef. Stir in remaining ingredients. Heat covered at High 8 to 9 minutes, Medium, covered, 40 minutes, or until rice is almost tender. Let stand, covered, 15 minutes before serving.

CARROT CAKE & CREAM CHEESE FROSTING

Deanna Hannabuss

1 1/4 cups sugar
1 cup cooking oil
1 tsp. vanilla
3 eggs
1 1/2 cups flour
3/4 tsp. salt
1 1/2 tsp. baking soda
2 1/2 tsp. cinnamon
2 1/4 cups raw carrots, grated
1/2 cup walnuts
Frosting:
1 lb. icing sugar
1 (8 oz.) pkg. cream cheese
6 Tbsp. butter
2 tsp. vanilla

In a bowl, mix sugar, oil and vanilla. Add eggs and beat well. In small bowl, stir together flour, salt, soda and cinnamon. Add to sugar-egg mixture. Fold in carrots and walnuts. Pour in greased 12x8x2 inch pan. Microwave at High 13 to 15 minutes. Rotate dish 1/2 turn after 8 minutes. Let stand on heatproof counter to cool. Frost with Cream Cheese Frosting, if desired.

Frosting: In 2-quart casserole dish, place ingredients. Microwave at High for 1 minute. Beat together and ice cake.

I'm on a seafood diet. I see food and I eat it.

APPLE FUDGE BROWNIES

Beverley Dunnett

1/2 cup butter
2 (1 oz.) squares unsweetened chocolate
1 cup brown sugar
1/2 cup applesauce
2 eggs
1 tsp. vanilla extract
1 cup all-purpose flour
1/2 tsp. baking powder
1/4 tsp. baking soda
1 cup chocolate chips

Approximate Cooking Time: 14 minutes. In large glass bowl, heat butter and chocolate 1 to 2 minutes on High until melted. Stir in sugar, eggs and vanilla. Gradually add flour, baking powder and soda. Stir in chips. Pour into greased 8-inch round baking dish. Heat 10 to 12 minutes on Medium High. Cover with wax paper. Let stand 5 minutes. Yield: About 16 brownies.

BREAD PUDDING SPECIAL

Shyla Maxine Barnes

2 cups dry bread crumbs
4 Tbsp. butter
1 qt. hot milk
1/2 cup brown sugar
2 eggs, slightly beaten
1/2 tsp. salt
1 tsp. vanilla
1 cup raisins

In buttered baking dish, mix bread crumbs, butter and milk; cool. Add sugar, eggs, salt, vanilla and raisins. Stir to blend. Cook at Medium-High for 45 minutes, turning every 10 minutes. Stir halfway through cooking. Consistency will be like pudding cake. Serve plain or with whipped cream, yellow sauce or hard sauce. Serves 6.

CHOCOLATY BROWNIES

Emily Stokes

1/2 cup butter
3 (1 oz.) squares unsweetened chocolate
1 1/4 cups granulated sugar
1 tsp. vanilla
3 eggs
2/3 cup all-purpose flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup chopped nuts

Melt butter and chocolate on High, 1 1/2 to 2 minutes. Add sugar, vanilla and eggs; beat well. Combine flour, baking powder, salt and nuts. Add to chocolate mixture; blend well. Spread into greased 9-inch square cake pan. Bake at Medium, covered, 12 to 15 minutes. Let stand, covered, 5 minutes. Cool, uncovered, 10 minutes. Store covered.

CRISPY MARSHMALLOW TREATS

K. Chivers

1 (10 oz. or 250 g) pkg. marshmallows
1/4 cup butter or margarine
5 cups toasted rice cereal

Set power at High. In large glass bowl, heat marshmallows and butter 3 to 4 minutes, stirring twice, until smooth. Add cereal and stir to coat well. Press into greased 9x13 inch pan. Cool; cut into squares to serve. Yield: Approximately 2 1/2 dozen. Variation: Stir in 1 cup salted peanuts or raisins with cereal.

PEANUT BRITTLE

Cindy Horvat

1 cup sugar
1/2 cup corn syrup
1 cup roasted salted peanuts
1 tsp. butter
1 tsp. vanilla extract
1 tsp. baking soda

Spray cookie sheet with non-stick vegetable oil. In 1 1/2 quart casserole, stir together sugar and syrup. Microwave on High for 4 minutes. Stir in peanuts. Microwave on High 3 to 5 minutes, until light brown. Add butter and vanilla to syrup, blending well. Microwave on High 1 to 2 minutes more. Peanuts will be lightly browned. Add baking soda and gently stir until light and foamy. Pour mixture onto cookie sheet. Let cool, then break into small pieces and store in airtight container. Makes about 1 pound.

PINEAPPLE UPSIDE DOWN CAKE

Anne Heddle

1 (20 oz.) can pineapple slices
1/2 cup butter or margarine
1 cup brown sugar
Maraschino cherries, optional
1 (18 oz.) yellow cake mix
Reserved pineapple syrup

Heat butter in bowl on High for 1 minute until melted; stir in sugar. In the bottom of two 8-inch or 9-inch round baking dishes (bottoms lined with wax paper), spread butter mixture. Arrange pineapple and cherries. Prepare cake mix using reserved syrup as part of the water content. Pour 2 cups batter into each dish. Heat cakes separately on 70% power for 12 minutes. Let stand covered for 10 minutes. Invert onto cake plates and store in refrigerator or freezer. Makes 2 cakes.

SEAFOOD APPETIZERS

April Hunter
Grade 3

1 pkg. cream cheese
1 jar seafood sauce
1 tin crab
Fancy crackers

Spread cream cheese on a large platter. Pour seafood sauce over cheese. Crumble crab over top. Use crackers to scoop. You may substitute other seafood for crab.

BEAN SALAD

Doug Bridges
Grade 5

Dressing:
2/3 cup vinegar
3/4 cup sugar
1/3 cup oil
1 tsp. salt
1/2 tsp. pepper
1 tsp. dry mustard
1 tsp. thyme
1/2 tsp. garlic powder

Salad:
1 large can green beans
1 large can yellow beans
1 can red kidney beans
1 can chick peas, optional
1 or 2 cans whole mushrooms
1 white onion, sliced in rings
1 green pepper, thinly sliced

Open cans of vegetables; drain and rinse. Place in large bowl. Heat dressing ingredients and toss with bean mixture. Store in fridge overnight. Mix several times.

CABBAGE SALAD

Bob Vardy
Former Vice-Principal

1 shredded cabbage
2 grated carrots
1 green pepper, chopped
4 Tbsp. sweet onion
1 cup vinegar
2/3 cup salad oil
3/4 cup sugar
2 tsp. salt
1/2 tsp. black pepper

Bring to a boil vinegar, oil, sugar, salt and black pepper. Pour dressing over salad ingredients while hot. Cool, then refrigerate. May keep for a week in the refrigerator.

FIVE CUP SALAD

Jim White
Former Staff

1 can Mandarin oranges, drained
1 can pineapple, in natural juices
1 small container Cool Whip
1 cup coloured miniature marshmallows
1 cup sour cream
1 cup coconut

Mix all ingredients together. Chill for 1 hour. (Use excess juices in orange juice.)

KAY'S LAYERED SALAD

Madame Karniej
French Teacher

1 head iceberg lettuce
8 to 10 green onions
1 (8 oz. or 227 mL) can water chestnuts
1/2 green pepper
3 stalks celery
1 (2 cup) pkg. frozen peas
2 cups mayonnaise
2 tsp. sugar
1/2 cup grated Parmesan
1 tsp. salt
Healthy dash of black pepper
1/4 tsp. garlic powder
3/4 lb. bacon, fried and chopped
3 hard boiled eggs
2 tomatoes

Use a large straight-sided glass bowl. Chill 4 hours or overnight. In a glass bowl, arrange cut-up lettuce first. Put remaining ingredients in layers on top of the lettuce in the order above. Spread each layer evenly over the layer below. Add the tomatoes at serving time. Do not cook the peas. They thaw in the chilling process and taste like fresh when the salad is served. Make sure everyone gets some of each layer. A real crowd pleaser!

GREEN BEAN SALAD

L. Robinson
Grade 2

1 qt. green beans, tips removed
1 small container sour cream
1/2 tsp. salt
Lemon juice to taste
Sugar to taste
1 onion, sliced into rings

Cook green beans until bright green and à la dente with salt. Drain and rinse with cold water. Mix sour cream with sugar and lemon juice to taste. Add this mixture to cold green beans and mix. Decorate with onion rings and refrigerate. This salad travels and keeps well. Serves 8 to 10 people.

GREEK-STYLE TOMATO SALAD

Mrs. Brenda King
Kindergarten

6 medium tomatoes, sliced
1/4 lb. feta cheese, crumbled
1 small onion, thinly sliced
1 (3 1/2 oz.) can pitted ripe olives (black olives), drained and sliced
1/2 cup olive or salad oil
1/3 cup red wine vinegar
2 Tbsp. minced parsley
4 tsp. sugar
1/2 tsp. basil
1/4 tsp. salt
1/4 tsp. cracked pepper

About 2 1/2 hours before serving or early in the day: Place tomato slices, feta cheese, onion and olives in 13x9 inch baking dish (can use a large serving dish). Try to layer. Set aside. In small bowl with fork, mix olive oil, vinegar, parsley, sugar, basil, salt and pepper. Pour dressing over tomato mixture. With rubber spatula, gently lift tomato slices to coat with dressing. Cover baking dish and refrigerate at least 2 hours to blend flavours. Serve chilled. Makes 8 accompaniment servings.

NUTTY FRUIT SALAD

Lil Hurst
Former Teacher

1 head Romaine lettuce
Golden Caesar dressing
Combination of Fruit A:
Fresh orange slices
Quartered pineapple chunks
Pecans
Combination of Fruit B:
Melon (cantaloupe and honeydew)
Coconut
Combination of Fruit C:
Banana slices
Tangerine sections
Slivered almonds

Toss any combination of fruit with Romaine that has been rinsed, torn and spun dry, with Golden Caesar dressing. Sprinkle with croutons and Parmesan cheese. Serve well chilled.

RED SALAD

Edie Edwards (Misner)
Former Teacher

2 (3 oz.) pkg. raspberry Jello
3 cups applesauce
1 orange
14 oz. 7-Up

Heat applesauce thoroughly. Add Jello, juice from oranges and 7-Up. Chill until firm.

CREAM OF LETTUCE & SPINACH SOUP

Al Smith
Grades 7/8

500 mL chicken stock
500 mL packed, chopped leaf lettuce
250 mL packed, chopped spinach leaves
150 mL cooked long grain rice
Pinch of mace
375 mL light cream or milk
Dash of hot pepper sauce
Salt and pepper
Finely chopped pimiento

In saucepan, combine stock, lettuce, spinach, rice and mace. Bring to boil, covered, over medium-high heat. Reduce heat and simmer, stirring occasionally, for about 15 minutes or until spinach is tender. Transfer to blender in batches, if necessary. Process for 2 to 3 minutes or until smooth, scraping down sides of work bowl occasionally. Return mixture to saucepan. Stir in cream. Heat just to below the boiling point. Season with hot pepper sauce and salt and pepper to taste. Serve hot or well chilled. Garnish with pimiento. Makes 4 servings.

MINESTRONE SOUP

Carla Parente
Grade 1

1 can plum tomatoes
1 can lentils or chichi beans
1 can Romano beans
1 zucchini
1 cauliflower
1 broccoli
1 small onion
2 potatoes
2 carrots
2 stalks celery
Any other vegetables you like
Salt and pepper to taste
1 Tbsp. basil
1 Tbsp. oregano

Microwave tomatoes on High for 10 minutes; let stand. Chop cauliflower, potatoes and broccoli into 1-centimetre pieces. Cook on High for 5 minutes (or longer if you like them soggier). Chop other vegetables in the same way and cook 5 minutes on High. Add all these ingredients including can of lentils (chichi beans) and Romano beans to tomatoes. Fill tomato can with water and add to mixture. Add more if you like it soupier. Cook on Medium for 20 minutes. Add spices.

MADAME'S MAMA'S MINESTRONE

Mme. Fracasso
French Teacher

Part I:
3 L water, pinch of onion, garlic salt
1/2 cabbage, cut into fifths
1 fair sized broccoli
1/2 cauliflower
2 medium onions, quartered
2 celery stalks, diced
2 cups mixed frozen vegetables
1 pkg. frozen lima beans
4 medium potatoes, quartered
2 zucchini, cut into chunks
2 Tbsp. tomato paste
2 chicken bouillon cubes

Part II:
1/2 cup chopped celery
1/4 cup chopped parsley
1/2 medium onion
3 green onions
3 Tbsp. olive oil
1/4 cup unsalted butter
2 large garlic cloves, chopped
1 can Romano beans, undrained

Bring water to a boil. Dissolve bouillon cubes in water. Add remaining Part I ingredients to pot and bring to a boil. Simmer for approximately 20 minutes. Add a pinch of oregano, fresh or dried basil, and salt and pepper to taste. Simmer an additional 10 minutes. In separate skillet, fry first six ingredients listed under Part II. Fry until onions are golden. Add chopped garlic cloves and stir three times. Add to boiling pot. Simmer at Medium-Low for 1/2 hour. Add undrained Romano beans. Stir. Bring to a boil. Serves 8 to 10.

For serving, remove desired amount from pot (if you only want to serve 2 or 3, for example) and add 1 cup of desired pasta (macaroni, rice, pepe). Cook for 10 minutes or when pasta is al dente. Serve in soup bowls or chowder bowls. Parmesan cheese and garlic bread are a nice touch. Can be served as an appetizer or a meal. Buon appetito!

BARBECUED SPARERIBS

Mr. D. Hazell
Grade 3

1 lb. spareribs
1 cup ketchup
1/4 cup wine vinegar
1 tsp. salt
1/2 tsp. pepper
2 Tbsp. Worcestershire sauce
1 medium chopped onion

Mix ingredients in bowl. Pour over ribs in baking dish. Allow to marinate at least 1 hour. Bake for 2 hours at 325°F.

BROCCOLI PIE

Donna Toni
Grade 1

1/4 cup grated Parmesan cheese
2 cups chopped broccoli
1 cup shredded Swiss cheese
1/4 cup chopped green onion
3 eggs
2/3 cup chicken broth
1/2 cup heavy cream
1/2 tsp. salt
1/4 tsp. Tabasco sauce
Pie crust

Sprinkle 2 tablespoons Parmesan cheese on baked pie crust. Layer half the broccoli over cheese. Continue with layer of half Swiss cheese and onion. Repeat with remaining broccoli and cheese. Beat eggs. Add chicken broth, cream, salt and Tabasco. Mix well. Pour over broccoli. Sprinkle with remaining cheese. Bake 10 minutes at 450°F. Reduce to 325°F and bake 25 minutes more. Serves 6 to 8.

BEEF STROGANOFF

Lil Hurst
Former Staff

2 lb. beef
6 tsp. butter
1 1/2 tsp. flour
1 cup beef stock or consomme
1/2 pt. sour cream
2 1/2 Tbsp. tomato paste
1 onion, diced
1/2 lb. mushroom, sliced
Salt and pepper
1/2 cup red wine

Cut beef in 1/2 inch slices. Heat about 3 tablespoons butter in pan. Add flour; stir. Cook over low flame until mixture is hot and smooth. Add beef stock; stir well. Cook and continue stirring until mixture begins to thicken. Then boil for 10 minutes gently. Add sour cream and tomato paste a little at a time, stirring constantly.

At the same time, heat the remaining 3 tablespoons of butter in a large skillet. Add beef and brown well. Add to cream mixture. In same pan, saute onion and mushrooms lightly. Add this to cream mixture also. Mix in well and add 1/2 cup red wine. Allow to simmer another 5 minutes. Serve with buttered noodles or rice. Freezes well.

It takes both rain and sunshine to make a rainbow.

CHEATER'S PYROGHI

Joanne Lanosky
Grade 4

1/2 lb. butter
2 medium onions
8 to 10 large potatoes
6 lasagna noodles
Small jar Cheez Whiz
Sour cream and chives, optional
Bacon bits, optional

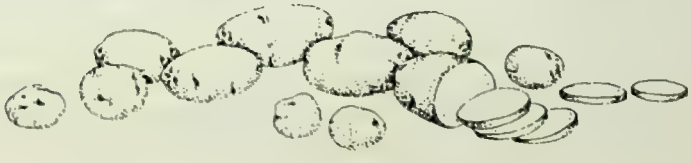
Peel potatoes; boil them. At same time, cook lasagna noodles. While these two items are cooking, chop onions and fry them in butter. After the potatoes are boiled, mash them while adding the Cheez Whiz. In a 9x12x2 inch cake dish, layer ingredients in the following way: 3 to 4 tablespoons butter and onions on bottom; three lasagna noodles; potatoes, spread and flattened; 3 to 4 tablespoons butter and onions; three lasagna noodles; remaining butter and onions. Place casserole into the oven or microwave until heated through.

POTATO FRITTERS

Keith Etsell
Grade 5

2 eggs
2 cups flour
1/2 tsp. salt
2 cups water or milk
Vegetable oil or shortening in bottom of electric frypan
Old potatoes

Preheat frypan and oil or shortening to 375°F. Peel potatoes; place in water until ready to use. Slice potatoes across so they are oval-shaped. Place 1 cup of flour in mixing bowl. Mix in 1 egg, 1 cup of water or milk and salt. Repeat until all flour and eggs are mixed. Dip sliced potatoes in batter. Place potatoes in preheated frypan. Cook until slices are cooked through. Place on paper towel to soak up oil (shortening). Cover to keep warm until rest of potatoes are cooked. Serve with more salt, if desired, ketchup, or whatever.



MEXICAN SEASONED POTATOES

Kathy Burgess
Grade 4

4 (8 oz.) medium baking potatoes
1/4 cup butter or margarine
1 Tbsp. instant minced onion
1/2 tsp. chili powder
1/2 tsp. dried oregano leaves
1/4 tsp. ground cumin

Cut each potato lengthwise into four equal wedges; set aside. Place butter in 10-inch square casserole. Microwave on High for 1 to 1 1/2 minutes. Add potatoes and turn to coat with butter. In small bowl combine remaining ingredients. Sprinkle over potatoes. Cover. Microwave at High for 14 to 18 minutes or until potatoes are tender, rearranging potatoes twice. Let stand 5 minutes covered.

BUSY DAY FISH FILLETS

John Kowarski
Former Staff

1 lb. fish fillets, defrosted
2 to 3 green onions, sliced
1 tomato, diced
2 Tbsp. butter or margarine
1 Tbsp. lemon juice
2 tsp. garlic salt (or 1/4 tsp. garlic powder and 1/4 tsp. salt)
1/2 tsp. tarragon or parsley
2 tsp. soy sauce

Rinse fillets and pat dry. Arrange fillets in a glass dish, placing thickest portions to outer sides of dish, overlapping thinner portions in centre. Top with green onion and diced tomato. In a small dish, melt butter, 30 to 45 seconds on Medium. Stir in lemon juice, soy sauce and seasonings. Drizzle evenly over fish fillets. Cover and cook 4 to 5 minutes on High, until fish loses its translucency and flakes easily. Serves 3 to 4.

CAROLYN'S PORK CHOPS

Mim Carne
Grade 3

4 pork chops
3/4 cup ginger ale
1/2 cup brown sugar
1/2 tsp. allspice
1 Tbsp. molasses
1 tsp. dry mustard
2 Tbsp. ketchup

Rub pork chops with garlic and cook until brown. In separate pan, cook other ingredients until thick. Pour over chops and bake at 375°F for 1 hour.

CHEESE SOUFFLE

Lori Gray
Staff

1 Tbsp. butter
1 Tbsp. flour
1/3 cup milk
Dash of pepper (cayenne)
1/8 tsp. dry mustard
3/4 cup cheddar cheese
2 eggs, separated
2 Tbsp. Parmesan cheese

In pan, melt butter and flour; cook on medium heat, stirring until bubbly. Remove from heat and stir in milk. Add cayenne and mustard. Cook until thick. Add cheese and 1 tablespoon of Parmesan. Stir until cheese melts. Remove from heat and beat in egg yolks. Beat whites until they form moist peaks. Fold into mixture. Butter a 3 to 4 cup souffle dish and coat with 1 tablespoon Parmesan. Bake at 350°F approximately 20 minutes.

CHICKEN KINN YEW LAI STIR-FRY FOR KIDS

Ruth Cumming
Geography/History

3 chicken breast halves
10 mL soya sauce
5 mL white sugar
125 mL whole blanched almonds
1 carrot
2 celery stalks
1 green pepper
20 mL vegetable oil
5 mL cornstarch
50 mL water
Utensils:
Knife
Cutting board
2 small bowls
Measuring spoons
Large mixing spoon
Cookie sheet
Vegetable peeler
Small pot
Sieve
Frypan
Lifter
Platter

Set oven at 120°C. Use clean fingers to pull away skin and bones from chicken breasts. Cut chicken meat into small cubes and place in a bowl. Add soya sauce and sugar to the bowl; stir well to mix and set aside. Place the almonds on the cookie sheet and put in the oven. Peel the carrot and slice into rings about 3 millimetres thick. Put them in the pot, cover with water and bring to a boil. Cook 5 minutes, then drain in the sieve. Wash the celery and green pepper. Cut celery into 1-centimetre slices. Cut green pepper into small squares. Set aside. Put oil in frypan on high heat. Add chicken. Stir-fry for 2 minutes. Add carrots, celery and green pepper. Stir-fry for 1 to 2 minutes. Mix cornstarch and water. Add this to the frypan. Stir for another minute. If mixture is too thick, add a little more water. Transfer mixture to platter. Sprinkle almonds on top.

CHICKEN WINGS

Charles Purich
Principal

1/3 cup brown sugar
1 Tbsp. garlic powder
1/4 cup soya sauce
2 Tbsp. vinegar

Season chicken wings with flour, salt and pepper. Place in baking dish in 400°F oven for 20 minutes. Lower heat to 350°F for 50 minutes to 1 hour. Baste with above mixture for that last hour.

LASAGNE ROLLS

Terri Stubbs
Staff

1 1/2 lb. ricotta
2 oz. frozen chopped spinach, thawed and drained
1/2 tsp. salt
3 cloves chopped garlic
1 tin sliced mushrooms
12 spinach lasagne noodles
2 1/2 to 3 cups meat sauce
1/3 cup Parmesan
1/2 cup grated mozzarella
2 eggs

Cook noodles as directed for 5 to 10 minutes only, until soft enough to roll. Mix ricotta, spinach, salt, garlic, mushrooms and eggs to make a paste. Spread 1/2 cup sauce in bottom of 9x12 inch lasagne pan. Put spread on noodles and roll tightly. Pack tightly in pan. Sprinkle with mozzarella. Cover with remaining meat sauce, including down sides of pan. Sprinkle with Parmesan. Cook 40 to 50 minutes at 350°F, covered.

GARLIC MEATBALLS

Sandra Cowan
Kindergarten

2 or 3 lb. ground beef
2 cups bread crumbs
1 cup milk
2 eggs
1 tsp. salt
1 tsp. dry mustard
1 tsp. garlic powder
Sauce:
1 1/4 cups brown sugar
3/4 cup vinegar
3/4 cup water
1 tsp. dry mustard

Mix together first seven ingredients and form into 1-inch balls. Mix together sauce ingredients and pour over balls. Cook for 1 hour at 350°F before stirring. Then pour 1 container of V.H. garlic sauce, mild or medium, over and mix. Bake for 1/2 to 1 hour more.

EDWARDS' DELICIOUS HOT DOGS

Jake Edwards
Grade 5

Schneiders wieners
Fresh tomatoes
Hot dog buns of your choice
Heinz mustard

Boil wieners until they begin to split open. Toast hog dug buns until brown (butter buns). Cut up fresh tomatoes and place on buns. Spread mustard over wieners. Enjoy the "Best hot dogs north of the Mississippi"!

SWEET & SOUR MEATBALLS

April Hunter
Grade 3

1 to 2 lb. ground beef
1 to 2 cups grape jelly
1 to 2 cups chili sauce

Make small meatballs using your own method. Brown meatballs in a skillet. Heat jelly and chili sauce. Add meatballs. Simmer 2 to 3 hours.

BLACK FOREST TRIFLE

J. Kowarski
Former Staff

1 (4 oz.) pkg. chocolate pudding mix, not instant
2 cups milk
2 egg yolks, beaten
1 (8-inch) microwaved chocolate cake layer
1 can cherry pie filling
1/4 to 1/2 cup rum, sherry or pineapple juice
1 cup whipping cream
3 Tbsp. icing sugar

Pour pudding mix into 1 1/2 quart casserole dish. Gradually add milk, stirring to blend well. Cook 6 to 8 minutes on High, stirring once. Gradually stir half of pudding into egg yolks. Return egg mixture to casserole, stirring well. Cook 2 to 3 minutes on Medium, stirring once. Cool. Split cake layer and fill with cherry pie filling. Arrange cake in glass bowl or casserole. Sprinkle with rum and cover with cooled pudding. Whip cream with sugar until soft peaks form. Spread over pudding. Chill at least 4 hours. Makes 8 to 12 servings.

BANANA-RUM BREAD

I. de Lieveseley
Vice-Principal

1 cup sugar
1/2 cup oil
2 eggs, slightly beaten
3 ripe bananas, mashed
1 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
3 Tbsp. rum
1 cup raisins or mixed fruit

Preheat oven to 350°F. Grease and flour one 9x5x2 1/2 inch loaf pan. In a large bowl, beat sugar and oil together. Add eggs and banana pulp; beat well. Add sifted dry ingredients and mix well. Add rum; mix again. Stir in raisins or fruit. Pour into loaf pan. Bake approximately 1 1/2 hours or until cake tester inserted in centre comes out clean. Cool and store overnight before slicing. Freezes well.

CARROT CAKE

Mr. D. Hazell
Grade 3

2 cups white sugar
1 1/2 cups vegetable oil
3 eggs
2 tsp. vanilla
2 1/4 cups all-purpose flour
2 tsp. cinnamon
2 tsp. baking soda
1 tsp. salt
2 cups shredded carrots
2 cups flaked coconut
8 oz. crushed pineapple, drained
1 cup walnuts or pecans, chopped

Mr. Hazell's Cream Cheese Frosting:
6 oz. cream cheese, at room temperature
1/4 cup butter, at room temperature
1/4 cup milk
2 tsp. vanilla
1/4 tsp. salt
3 cups icing sugar

Preheat oven to 350°F. Generously grease a 9x13 inch baking pan. Combine sugar, oil, eggs and vanilla in a large bowl and blend. Stir in flour, cinnamon, soda and salt; mix well. Fold in carrots, coconut, pineapple and nuts; pour into prepared pan. Bake about 50 minutes or until cake tester inserted in center comes out clean. Let cool before frosting. Makes 16 to 20 servings. Frost with "Mr .Hazell's Cream Cheese Frosting".

Mr. Hazell's Cream Cheese Frosting: Combine cheese, butter, milk, vanilla and salt in medium bowl; blend with an electric mixer. Beat in enough icing sugar to make mixture spreadable.

CARROT CAKE

Diane Mayer
Former Staff

2 cups white sugar
2 cups flour
1 tsp. baking soda
1/2 tsp. cinnamon
1/2 tsp. salt
1 cup oil
4 eggs, one at a time
3 cups grated carrots (2 cups will do if carrot is watery)

Sift dry ingredients. Add oil and stir well. Add eggs, stirring after each. Add carrot. Pour into greased pan and bake at 350°F for 1 hour or until done.

CREAM CHEESE ICING

Diane Mayer
Former Staff

1/2 lb. butter
1 (8 oz.) pkg. cream cheese
1 or 2 cups icing sugar
2 tsp. vanilla
Dab of cream

Cream together butter and cream cheese. Stir in vanilla and dab of cream. Add icing sugar until desired consistency. This icing is excellent on carrot cake.

COMPANY'S COMING

Clark Atkien
Caretaker

Layer #1:
1 cup flour
1/2 cup butter
1 cup chopped pecans or coconut
Layer #2:
8 oz. cream cheese
1 cup icing sugar
Layer #3:
1 large tub Cool Whip
Layer #4:
1 instant vanilla pudding
1 instant chocolate pudding
3 cups milk
Layer #5:
1 large tub Cool Whip
Grated semi-sweet chocolate

Blend ingredients for first layer; spread in 9x13 inch pan. Bake at 350°F for 20 minutes. Let cool. Cream together cream cheese and icing sugar; spread on first layer. Spread Cool Whip over second layer. To make fourth layer, put both puddings in bowl; add milk and beat 2 minutes. Refrigerate 5 minutes, then spread over third layer. Spread second tub of Cool Whip over pudding. Top with grated chocolate. Let stand for 1 day in refrigerator before serving.

COOL & SIMPLE BLUEBERRY DELIGHT

Mr. John Baker
Former Staff

1 small pkg. raspberry Jello
1 small pkg. grape Jello
1 large can blueberry pie filling
1 medium can crushed pineapple
1/2 pt. sour cream
250 g cream cheese
1/2 cup sugar
1/2 tsp. vanilla

Combine Jello packages with 2 cups boiling water only until dissolved. Mix in blueberry and pineapple. Set in refrigerator. To make topping, combine remaining ingredients in bowl; mix with mixer until fluffy. When the bottom part is set, pour topping over it in original bowl.

CRANBERRY REFRIGERATOR DESSERT

Lil Hurst
Former Staff

1 bag fresh cranberries
2 bananas, diced
1/2 cup sugar
Base:
3 cups vanilla or graham crumbs
1/2 cup butter or margarine, melted
Topping:
1/2 cup butter
1 cup sugar
2 eggs
1/2 cup chopped nuts
1 container whipping cream

Grind fresh cranberries in meat grinder. Combine ground cranberries with diced bananas and 1/2 cup sugar; set aside. Combine base ingredients; press half crumb mixture into 13x9 inch pan. To make topping, cream butter with sugar. Add eggs and beat until fluffy. Fold in chopped nuts. Spread over crumbs layer. Then top with cranberry mixture. Whip whipping cream and spread over all. Sprinkle with remaining crumbs. Press down slightly. Chill 6 hours or overnight. I used this for dessert at Christmas. After a big turkey dinner, the family found it refreshing.

Instruction may end in the classroom,
but education ends only with life.

CUSTARD APPLE PIE

Mim Carne
Grade 3

6 to 8 medium cooking apples
9-inch pie shell
2 to 3 eggs, beaten
1 Tbsp. flour
2 Tbsp. cornstarch
3 Tbsp. soft butter
1 cup milk
1 cup sugar
1/2 cup sugar and cinnamon

Peel apples and slice into pie shell. In separate bowl, add dry ingredients to eggs. Add milk and stir well. Pour custard over apples in pie shell. Sprinkle 1/2 cup sugar and cinnamon over top of pie. Bake at 425°F for 15 minutes to brown crust, then at 350°F for 45 minutes or until custard sets.

EASY BANANA MUFFINS

Joy Collins
Former Staff

1 cup mashed bananas (2 or 3)
1 cup Miracle Whip dressing
3/4 cup white sugar
2 cups flour
2 tsp. baking soda
1/2 tsp. salt

In medium bowl, beat banana. Beat sugar and salad dressing. Stir in flour, soda and salt until just moistened. Fill muffin cups and bake 20 to 25 minutes at 350°F. Makes 12 large muffins.

DATE & NUT LOAF

Gail Davis
Secretary

1 cup dates, chopped or cut fine
3/4 cup brown sugar
1/2 tsp. salt
1/2 cup boiling water
1 egg
1 tsp. vanilla
1 1/2 cups sifted flour
1 tsp. baking powder
1 tsp. soda
1/2 cup nuts, chopped
1/4 cup melted butter

Put dates, brown sugar and salt in a mixing bowl. Add boiling water. Stir well. Let stand until cool. Add well beaten egg and vanilla. Add sifted dry ingredients; mix well. Add nuts and melted butter or shortening. Blend lightly. Pour into a well greased loaf pan. Bake in a slow oven (325°F) for about 1 hour.

MILLIONAIRE'S PIE

Gail Vollick
Secretary

1 pkg. Dream Whip
1 can Eagle Brand milk
1 (20 oz.) can pineapple, crushed
Juice of 1 lemon
1/2 cup pecans
1 graham cracker pie crust

Make Dream Whip according to package directions (should make 2 cups of topping). Add Eagle Brand milk, drained pineapple, juice of lemon and pecans (optional). Pour into prepared graham cracker pie shell. Chill for 3 hours. Top with whipped cream and fresh strawberries.

MR. BRILL'S NANAIMO BARS

K. Brill
Grade 6

1/2 cup butter
5 Tbsp. cocoa
1 tsp. vanilla
1/4 cup white sugar
1 beaten egg
1 cup coconut
2 cups graham wafer crumbs
2 cups icing sugar
3 Tbsp. Harry Horne's custard
1/4 cup butter
1 tsp. vanilla
2 squares unsweetened chocolate
1 Tbsp. butter

Mix first five ingredients in double boiler until melted. Remove from stove and mix in graham wafer crumbs and coconut. Put all this in a 9x9 inch pan. In a bowl, put icing sugar and 1/4 cup butter. Mix in a little milk and add custard powder and vanilla. Spread on top of first mixture. Let stand 30 minutes. For icing, melt chocolate and 1 tablespoon butter together; drizzle on top. Keep in refrigerator.

PEARS A LA CREME

J. Kowarski
Former Staff

2 Tbsp. butter or margarine
1/3 cup firmly packed dark brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. ginger
28 oz. can drained pear halves
Vanilla ice cream

In 2-quart casserole or shallow baking dish, combine butter, brown sugar and spices. Cook uncovered 1 1/2 minutes on high, stirring once. Add pears and cook, covered, 4 minutes on high. Serve a hot pear half, cut side down, over a scoop of ice cream, spooning glaze over pears. Serves 6 to 8.

NANAIMO BARS

Cheryl Facey
Grade 8

Bottom Layer:
1/2 cup butter
1/4 cup granulated sugar
1/3 cup unsweetened cocoa powder
1 tsp. vanilla
1 egg, beaten
1 cup coconut
2 cups graham cracker crumbs
1/2 cup chopped walnuts

Filling:
1/4 cup butter
2 Tbsp. milk
2 Tbsp. vanilla pudding powder
2 cups icing sugar
1/4 tsp. salt

Top Layer:
2 squares unsweetened chocolate
2 squares semi-sweet chocolate
1 Tbsp. butter

Bottom Layer: In pan over low heat, melt butter. Add sugar, cocoa, vanilla and egg. Cook and stir over medium heat until mixture thickens slightly. Remove from heat and stir in coconut, crumbs and nuts. Pat firmly into buttered 9-inch square pan. Refrigerate 1 hour.

Filling: In medium bowl, cream butter. Beat in milk, pudding powder, icing sugar and salt. If too thick add 1 teaspoon of milk. Spread over first layer. Refrigerate until firm.

Top Layer: In a bowl over hot water, melt chocolate and butter. Spread over second layer. Mark squares before chocolate hardens. Refrigerate or freeze. Makes 24 squares.

PUMPKIN ICE CREAM PIES

June Wilkinson
Grade 2

3 cups (750 mL) graham cracker crumbs
1/2 cup (125 mL) sugar
1 cup (250 mL) butter, melted
8 cups (2 L) vanilla ice cream, softened
1 (19 oz. or 540 mL) can pumpkin pie filling
1 tsp. (5 mL) cinnamon
1 tsp. (5 mL) nutmeg
2/3 cup (175 mL) chopped pecans

Combine crumbs, sugar and butter. Press into two 10-inch (1.5 litre) pie plates; refrigerate. Combine ice cream, pumpkin pie filling and spices; stir until smooth. Freeze for 20 minutes or until mixture will mound. Spoon into pie shells. Sprinkle with pecans and freeze until firm. Let stand at room temperature 10 to 15 minutes before serving. Makes two 10-inch (1.5 litre) pies.

PUMPKIN PIE SQUARES

Mrs. Sandra Cowan
Kindergarten

First Layer:
1 large can Carnation milk
3 eggs
1 tsp. pumpkin pie spice
1 tsp. salt
1 cup white or brown sugar
1 (29 oz.) can pumpkin

Second Layer:
1 pkg. yellow cake mix
3/4 cup butter
1 to 1 1/2 cups walnuts

First Layer: Add beaten eggs to Carnation milk and the next four ingredients. Blend with hand mixer until fairly smooth. Pour into 9x13 inch pan.

Second Layer: Mix cake mix and butter to make a crumble. Add nuts and spread over first layer. Bake at 350°F for 1 hour. Cool and serve with whipped cream.

ANNE'S RHUBARB PUDDING

M. Major
Resource

3 eggs
3 cups rhubarb
1 cup white sugar
2 Tbsp. flour

Topping:
1 cup flour
1 cup brown sugar
1/2 cup butter or margarine
1/4 tsp. salt

Beat eggs and sugar; add flour and fruit. Pour into casserole. Sprinkle on topping. Bake in 375°F oven for 25 minutes.

RHUBARB MUFFINS

Gail Fernlund
Librarian

500 mL all-purpose flour
125 mL sugar
15 mL baking powder
1 mL salt
175 mL milk
75 mL oil
1 beaten egg
2 mL almond extract
250 mL chopped rhubarb
Sugar

Sift together dry ingredients. Combine milk, oil, egg and almond extract. Add to dry ingredients, mixing only enough to moisten. Fold in rhubarb. Fill paper-lined muffin tins. Sprinkle each muffin with sugar. Bake at 190°C until brown, 30 to 50 minutes. Makes 8 large muffins.

RHUBARB CAKE

Mrs. Eva Corrigan
Grade 4

1 1/2 cups brown sugar
1 egg
1 tsp. vanilla
1/2 cup butter
1 cup sour milk (add 1 tsp. vinegar to plain milk)
1 Tbsp. baking powder
2 cups flour
2 cups rhubarb, fresh or frozen
Topping:
1/2 cup granulated sugar
1 tsp. cinnamon
1 tsp. butter

Cream butter and brown sugar. Add egg and vanilla and the sour milk. In separate bowl, mix flour and baking powder. Add dry ingredients slowly, mixing into other ingredients with a whisk. Stir well and stir in rhubarb. Pour into 9x13 inch greased and floured pan. Combine all ingredients for topping; sprinkle over cake dough. Bake at 350°F for 45 minutes or until cake springs back when touched. Goes great with ice cream.

RHUBARB CHEESE PIE

Gail Fernlund
Librarian

1 baked (9-inch) pie shell
Filling:
1 lb. rhubarb, diced
1/2 cup sugar
1 to 2 Tbsp. cornstarch
Cheese Topping:
8 oz. cream cheese
1/4 cup sugar
2 eggs
1/2 tsp. grated lemon rind
1 tsp. sugar
1/4 tsp. cloves

Thaw rhubarb if frozen. In large pot, combine filling sugar and cornstarch with rhubarb. Stir constantly over medium heat until mixture thickens and cooks. In medium bowl, combine cream cheese, sugar, eggs and lemon rind of the cheese topping ingredients. Combine the teaspoon of sugar and cloves and set aside. Spoon the cooked rhubarb into the bottom of baked pie shell. Top with cream cheese mixture. Bake in a preheated 180°C oven for 30 to 50 minutes. Sprinkle while hot with clove mixture. Refrigerate for several hours before serving.

NINE DAY PICKLES

Mary Whitwell
Former Staff

4 qt. small cucumbers
1 cup pickling salt
2 qt. boiling water or more
6 cups white vinegar
8 cups white sugar
2 Tbsp. celery seed
2 Tbsp. whole allspice
3 sticks cinnamon
1 Tbsp. alum

Wash cucumbers; cut as needed, place in a crock. Sprinkle with salt and cover with boiling water. Let stand for 3 days. Drain brine from cucumbers and bring to a boil. Make more if it spoils. Pour over cucumbers and let stand for 3 days. Drain brine and discard it. Rinse cucumbers in cold water and dry with a towel. Dissolve 1 tablespoon alum in 1 gallon boiling water. Pour over cucumbers and let stand 6 hours. Drain off. Make syrup of vinegar, sugar and spices. Pour over while hot. Keep syrup for 3 days, reheating each day. Pack in jars on 9th day. Cover with hot syrup. Seal.

Miscellaneous

PLAY DOUGH

Karen Alexander

1/2 cup salt
2 Tbsp. oil
2 Tbsp. alum
2 cups water
2 cups flour
Food colouring

Combine oil and alum; set aside. Bring salt and water to a boil. Add food colouring. Remove from heat and add oil and alum. Stir in flour, a little at a time, with a wooden spoon. Stir until cool. Knead until smooth. Keep covered.

PLAY DOUGH

Elsie Anderson

2 1/2 cups flour
1/2 cup salt
3 Tbsp. oil
2 cups boiling water
1 pkg. unsweetened Kool-Aid or Freshie

Mix flour and salt. Add to flour and salt all at once the Kool-Aid and liquids. Mix and knead. It may be sticky but will dry to smooth consistency as it cools. Store in covered container in refrigerator for up to 6 months. Lovely texture, scent and colour.

HOMEMADE FINGER PAINT BASE

Elsie Anderson

1 cup liquid starch
6 cups water
1/2 cup soap chips (I use dry Ivory Snow detergent)

Dissolve the soap in water until no lumps. Mix well with starch. It will have a slimy consistency that washes off well. Store in jar indefinitely.

To Use: Have spice bottles of dry tempera paint, ideally primary colours. Put some base on fingerpaint paper or plastic tablecloth and sprinkle on the paint. Then go to it with your hands, elbows, etc.

HOW TO PRESERVE A WIFE

1 wife
Patience
Smiles
Kisses
Charity
Peaches and cream

Be careful in your selection; do not choose one too young, and take only such varieties as have been raised in a moral atmosphere. When once decided upon and selected, let that part remain forever settled and give your entire time and thought to domestic use. Some insist on keeping them in pickle, while others are constantly keeping them in hot water. Even poor varieties may be sweet and good by garnishing with patience, well sweetened with smiles and flavoured with kisses to taste. Then wrap them up in a mantle of charity, keep warm with a steady flow of duration and serve with peaches and cream. When thus prepared, they will keep forever.

RECIPE FOR A GOOD VOLUNTEER

Kathy Post

2 oz. patience
1 cup kindness
1 bunch faith
1 pkg. prudence
1 handful humility
4 oz. goodwill
Pinch of hope
2 handfuls industry
Few sprays sympathy
1 jarful good humour

Season with good common sense. Simmer in a dish of contentment. To be taken any time, or especially when volunteering at Mount Albion School.

ELEPHANT SOUP

Anonymous

1 medium elephant (African is best)
500 gal. hot water
2 pecks onion, finely chopped
5 shovels salt
3 shovels pepper
1 1/2 cases Worcestershire sauce
10 bottles rum (or more if cooking time is longer or you're expecting more than 8)
Coke to taste
5 qt. peanut oil, optional*
1 (5 lb.) hare, optional

Mix 1 1/2 ounces rum with Coke; drink. Wash and dry elephant (don't use soap as it will spoil taste). Chop into bite-size pieces. In back of 1/2 ton truck or rented U-Haul, pour hot water. Have another rum and coke and add elephant, spuds and other ingredients. Allow to simmer. Meanwhile, finish first bottle of rum. Stir mixture, using canoe paddle or small outdoor motor. When guests arrive, start with remaining rum. (*Peanut oil won't really add to the soup, but it's the way the elephant would have wanted it.) Hare is optional; some people don't like hare in their soup. Enjoy!

Hints

Firm tomatoes: Always slice tomatoes vertically, not horizontally. They stay firmer that way.

Keeping their shape: When baking stuffed peppers (apples and tomatoes), place in muffin tins to help hold their shape.

Grating soft cheese: To grate soft cheese more easily and with less mess as well, first place the block in the freezer for half an hour. It works miracles on mozzarella.

The secret of a pleasant trip is having warm companionship.

Bleach removes black mildew around tubs and in toilets.

Fireplace doors are easiest cleaned by spraying with oven cleaner. Wipe clean after 1 minute. Good also for windows that are marked by dried water spots caused by screens.

Soft tomatoes: Soft over-ripe tomatoes will become firmer if you place them in a bowl of salted water in the refrigerator for about an hour.

Paper stuck to a wood surface can be removed by pouring salad oil, a few drops at a time, on the paper. Let it sit for a while, then rub with soft cloth. Repeat procedure until paper is completely removed.

If you oversalt soup, put in raw peeled potato and cook it until tender.

Store your plastic wrap in the fridge to keep it from sticking to itself.

Half and half toothpaste mixed with baking soda removes water stains from furniture.

To get old decals off of a bath tub, put a generous amount of cold cream on them and let set overnight.

Salt sprinkled in bottom of frying pan prevents eggs from sticking.

To substitute for melted shortening, butter or margarine, use an equal amount of CORN oil.

To wash mushrooms, place mushrooms in large Tupperware, fill with lukewarm water (half full) and about 1/4 cup salt. Place lid on bowl and shake vigorously. Rinse well.

To stop bacon from shrinking when frying, soak in water a few seconds. Should prevent shrinkage.

Baking soda in the wash water is a good softener for baby clothes and diapers, instead of using a fabric softener which can irritate a baby's sensitive skin.

Never spit into the wind.

Clean windows with windshield washer anti-freeze in spray bottle; will not smear.

Soap film on ceramic tile walls or floor: Mix 1 part vinegar to 4 parts water and wipe. Rinse thoroughly with clean water and buff with a dry cloth to prevent streaking.

A bay leaf in window corners and room corners keeps cobwebs from forming.

One part baking soda to three parts water will remove tarnish from silver.

To remove paint from your hands, use a little cooking oil on them before scrubbing with soda and water. It won't dry out your skin as some paint removers do.

When rolling pastry out, to pick it up, re-roll over rolling pin lightly, then roll off over pie plate.

When filling a muffin pan, use an ice cream scoop. So the batter won't stick to it, rub a little oil on it before you start. The batter slides right out.

Short of an egg: If you are one egg short for a cake recipe, substitute 1 teaspoon of corn flour or 1 teaspoon vinegar. Add 3 tablespoons more liquid.

Great for window cleaner and washing non-wax vinyl floors: 1/2 cup vinegar, 1/2 cup ammonia, 1/2 pail water.

To remove bad odours (eg. fish smell) from house, burn 3 or 4 orange peels in a frypan.

Drain Declogger: Toss in one or two handfuls of bicarbonate of soda, followed by 1/2 cup vinegar. Allow to set for an hour and then run water through.

Grated Orange: Frozen oranges and lemons are much easier to grate. Put them in a freezer for an hour or two before you need them.

Work harder, eat less, stay slim and greet others with a smile. You will benefit from it and live longer. (I have lived 20 years already.)

Mash overripe bananas, add a little lemon juice, and freeze. Use later in breads or cakes.

Brown sugar will not harden if kept in a plastic container in the freezer.

When painting with roller, slip plastic bag over paint tray, then pour paint over bag. When finished, just peel off bag -- no messy clean-up.

A quick way to skim fat off homemade soup: Drop a lettuce leaf into the pot.

Boiled potatoes will turn out snowy white if you add 1 teaspoon of lemon juice to the water while boiling.

Lemon removes fruit or vegetables stains from your hands.

When cooking cabbage or onions, add a wedge of lemon to prevent unpleasant odour.

Put a drop of scented oil concentrate (ie. from Body Shop) on the top of a lightbulb before it is turned on. When the light is on and heating, the scent of the oil will waft through the room.

To eliminate rust on your car, apply a thin layer of clear silicone rubber sealant along the tops of body mouldings to keep water from getting behind the mouldings. Water trapped there can cause rust.

EXTRA RECIPES

INDEX

APPETIZERS & BEVERAGES

Raw Vegetable Dip 1
Vegetable Dip 1
Dill Vegetable Dip 1
Chip Dip 1
Parsley Dip 2
Spinach Dip 2
Cheese-Onion Vegetable Dip 2
Vegetable Dip 3
Spinach Dip 3
Crab Dip 3
Taco Dip 4
Best Veggie Dip 4
Googalie Gook 4
Pine Cone Cheese Ball 5
Salmon Spread 5
Ham Spread 5
Onion Cheese Ball 5
Chicken Cheese Ring 6
Artichoke Cheese Spread 6
Cheese Ball 6
Sausage Cheese Balls Hors D'Oeuvres 6
Party Pizza 7
Mad Madeline's Cheese Puffs 7
Stuffed Mushrooms 7
Bacon Wrapped Mushrooms 8
Sausage Rolls 8
Parmesan Rounds 8
Cocktail Chicken Wings 9
Graduation Punch 9
Graduation Punch 9
Graduation Punch 9
Graduation Punch 10
Graduation Punch 10

SALADS & DRESSINGS, SOUPS & SAUCES

Caesar Salad 11
Caesar Salad 11
Caesar Salad 12
24 Hour Salad 12
Chef's Salad-Stuffed Tomatoes 12
Carrot And Onion Salad 13
Carrot Salad 13
Mushroom And Asparagus Salad 13
Marshmallow Orange Salad 14
Leftover Salad 14
Waldorf Salad Special 14
Cabbage Salad 14
Sauerkraut Salad 15
Pistachio Salad 15
Overnight Salad 15
Tabouley Salad 15
5 Cup Salad 16
Fruited Cheese Salad 16
Hawaiian Mousse 16
Cheese And Corn Chowder 16
French Onion Soup 17
Vegetable Soup With Meatballs 17
Tomato Chowder 18
Creamy Caesar Dressing 18
Gramma VanEvery's Salad Dressing 18
Garlic Vinaigrette Dressing 19

VEGETABLES

Green Bean Casserole 21
Broccoli-Rice Casserole 21
Broccoli Casserole 21
Broccoli & Rice Casserole 22
Broccoli Cheese Bake 22
Broccoli And Cauliflower Casserole 22
Stuffed Peppers 23
Potato Casserole 23
Potatoes Romanoff 23
Potato Casserole 24
Paprikas Potatoes 24
Crispy Potatoes 24
Turnip Puff 24

MAIN DISHES

Isabel's Sweet And Sour Meatballs 25

Oriental Meatballs 25
Pineapple Meatballs 26
Sweet And Sour Meatballs 26
Sweet And Sour Meatballs 27
Waikiki Meatballs 27
Meat Pie 27
Tahitian Beef 28
Yorkie Beef Pudding 28
Beef Teriyaki 29
Impossible Cheeseburger Pie 29
Rouladen 30
Meatloaf 30
Garlic Ribs 30
Sweet & Sour Pork 31
Barbecued Pork Chops 31
Smothered Pork Chops 32
Honey Garlic Ribs 32
Stir-Fried Shrimp With Assorted Vegetables 32
Sole With Shrimp Sauce 33
Blender Salmon Pie 33
Salmon Quiche 33
Super Salmon Loaf 34
Barbecued Chicken 34
Broiled Chicken Breast With White Wine, Lemon Peel & Oregano 34
Marlene's Original Bar-B-Q Chicken 35
Japanese Chicken Wings 35
Gran's Chicken Wings In Barbecue Sauce 35
Curried Chicken Tempura 36
Chicken Kiev 36
Chicken Goulash 37
Savory Crescent Chicken Squares 37
Chicken Roll-Ups 37
Chicken Paprika 38
Chicken Paprika 38
Chicken Paprikash & Dumplings 39
Chicken Milano 39
Easy Chicken Tetrazzini 40
Coq Au Vin 40
Hawaiian Chicken 41
Deep Dish Chicken With Dumplings 41
Chicken Thighs With Rice Dressing 42
Chicken Crispy 42
German Cabbage Rolls 42
Five Hour Stew 43
Second Time Around 43
Western Macaroni 43
Spanish Rice With Beef 44
China Style Tenderloin And Noodles 44
Manicotti With Meat Filling 45
Sam's Favourite Lasagne 45
Ocean Garden Spaghetti 46
Baked Lasagne 46
Spaghetti With Meat Sauce 47
Cheddar Tomato Oven Omelet 47
Crock Pot Chili 48
Hungarian Gulyas 48
Mom's Make & Bake 48
Pyrohy With Potato Filling 49

BREADS

Banana Bread 51
Banana Nut Loaf 51
Banana Loaf 51
Banana Nut Bread 52
Fruit Loaf 52
Lemon Bread 52
Nutty Orange Marmalade Bread 53
Pumpkin Bread 53
Orange Raisin Bread 53
Lemon Bread 54
Chocolate Zucchini Bread 54
Zucchini Bread 54
Banana Coffee Bread 55
Ukrainian Coffee Cake 55
Applesauce Muffins 55
Chocolate Chip Muffins 56
Cornmeal Muffins 56
Plain Muffins 56
Pumpkin Muffins 57
Apple Streusel Muffins 57

Banana Muffins 57
Banana-Oatmeal Muffins 58
Blueberry Muffins 58
Bran Muffins 58
Bran Muffins 59
Maple Thin Pancakes 59
Yorkshire Pudding 59
Yorkshire Pudding 60
Roll Sandwich 60

DESSERTS

Apple Nut Cake 61
Applesauce Carrot Cake 61
Apple Crisp 62
Banana Cake 62
Bundt Coconut Cake 62
Bavarian Apple Torte 63
Brenda's Christmas Cake 63
Boiled Milk Cake 64
Cherry Cheese Jubilee 64
Carrot Cake 65
Chocolate Chiffon Cake 65
Gravel Cake 66
Tomato Soup Cake 66
Tomato Soup Cake 66
Honey Cake 67
Maraschino Cherry Cake 67
Oatmeal Cake 68
Pumpkin Cheesecake 68
Tricia's Birthday Cake 68
Boston Cream Pie 69
Cherry Cheesecake 69
No Bake Cherry Cheesecake 69
Mini Cheesecakes 70
Cherry Cheesecake 70
Lemon Cheesecake 70
Frozen Raspberry Cheesecake 71
Orange Dessert 71
Jelly Roll Cake 71
English Trifle 72
Not Just Cake 72
Chocolates 72
Chocolate Nut Clusters 73
Chocolate Popcorn Balls 73
Peanut Butter Balls 73
Cherry Balls 73
Almond Biscuits 74
Almond Crescents 74
Tollhouse Chip Cookies 74
Apple Oatmeal Chews 75
Dad's Cookies 75
Chocolate Chip Oatmeal Cookies 75
Saucepan Cookies-Apple Squares 76
Double Chocolate Cookies 76
Chocolate Macaroons 76
Oatmeal Crisp Cookies 77
Children's Favourites/Crunchy Peanut Balls 77
Honey Peanut Butter Balls 77
Aunt Sheila's Oatmeal Chocolate Chip Cookies 78
Gramma Darrach's Raisin Cookies 78
Jelly Sandwich Cookies 78
Grandma Treen's Swedish Cakes 79
Hursleki Or Bowties 79
Peanut Butter Cookies 79
Ice Women's Chocolate "Boaters" 80
Peanut Butter Cookies 80
Peanut Butter Surprise Cookies 80
Pecan Refrigerator Cookies 81
Stone-Jar Molasses Cookies 81
Butter Shortbreads 81
Shortbread Cookies 82
Melt-In-Your-Mouth Whipped Shortbread Cookies 82
Whipped Shortbread Cookies 82
Lemon Cheese Filling 83
Frozen Chocolate Mint Mousse 83
Pineapple Delight 83
Pineapple Dessert 84
Angel Pie 84
Cherry Cheese Pie 84
Blueberry Pie 85

Coconut Pie 85
Southern Pecan Pie 85
Cranberry Pie 86
Impossible Pie 86
Graham Cracker Pudding 87
Fluffy Tapioca Pudding 87
Steamed Cranberry Pudding 87
Old Time Rice Pudding 88
Perfect Bread Pudding 88
Best Ever Brownies 88
Miracle Bars 89
Down East Brownies 89
Butterscotch Squares 90
Eagle Brand Squares 90
Granny's Dream Cake 90
Chocolate Brownies 91
Chocolate Squares 91
Derek's Rice Krispies Squares 91
Donny's Peanut Squares 91
Oatmeal-Apple Squares 92
Peppermint Squares 92
Chocolate Chip Bars 93
Fill 'Em With Whatever You Want Squares 93
Kevin's Butter Tart Bars 93
Honey Cheese Bar 94
Butter Tarts 94
Butter Tarts 94
Broken Glass 95
Fizz 95

CANNING

Strawberry-Rhubarb Jam 97
Freezer Jam 97
Rhubarb Jam 97
Freezer Bread & Butter Pickles 98
Bread And Butter Pickles 98
Dill Pickles 98
Green Relish 99
Hot Dog Relish 99

EXTRA SPECIAL

Microwave

Michelle's Bacon Barber Poles 101
Crab Dip 101
Chicken Nuggets 102
Cheese Sauce 102
Chicken Cordon Bleu In The Microwave 102
Chicken Cacciatore 103
Chicken Parmesan 103
Chili 'N Rice Casserole 104
Carrot Cake & Cream Cheese Frosting 104
Apple Fudge Brownies 105
Bread Pudding Special 105
Chocolaty Brownies 105
Crispy Marshmallow Treats 106
Peanut Brittle 106
Pineapple Upside Down Cake 106

Staff

Seafood Appetizers 107
Bean Salad 107
Cabbage Salad 107
Five Cup Salad 108
Kay's Layered Salad 108
Green Bean Salad 108
Greek-Style Tomato Salad 109
Nutty Fruit Salad 109
Red Salad 109
Cream Of Lettuce & Spinach Soup 110
Minestrone Soup 110
Madame's Mama's Minestrone 111
Barbecued Spareribs 111
Broccoli Pie 112
Beef Stroganoff 112
Cheater's Pyroghi 113
Potato Fritters 113
Mexican Seasoned Potatoes 114
Busy Day Fish Fillets 114

Carolyn's Pork Chops 114
Cheese Souffle 115
Chicken Kinn Yew Lai Stir-Fry For Kids 115
Chicken Wings 116
Lasagne Rolls 116
Garlic Meatballs 116
Edwards' Delicious Hot Dogs 117
Sweet & Sour Meatballs 117
Black Forest Trifle 117
Banana-Rum Bread 118
Carrot Cake 118
Carrot Cake 119
Cream Cheese Icing 119
Company's Coming 119
Cool & Simple Blueberry Delight 120
Cranberry Refrigerator Dessert 120
Custard Apple Pie 121
Easy Banana Muffins 121
Date & Nut Loaf 121
Millionaire's Pie 122
Mr. Brill's Nanaimo Bars 122
Pears A La Creme 122
Nanaimo Bars 123
Pumpkin Ice Cream Pies 123
Pumpkin Pie Squares 124
Anne's Rhubarb Pudding 124
Rhubarb Muffins 124
Rhubarb Cake 125
Rhubarb Cheese Pie 125
Nine Day Pickles 126

Miscellaneous
Play Dough 126
Play Dough 126
Homemade Finger Paint Base 127
How To Preserve A Wife 127
Recipe For A Good Volunteer 127
Elephant Soup 128

Hints 128

NOTES